

# Grass Roots

Craft and self-sufficiency

For down to earth people

\$2.50

Registered by  
Australia Post  
Publication No. VACO 405

ISSN 0310-2890

No. 31.

JUNE 1982

Utopian Living

Mules

Mushrooms

Plait a Belt

Juices for Health

Beadwork

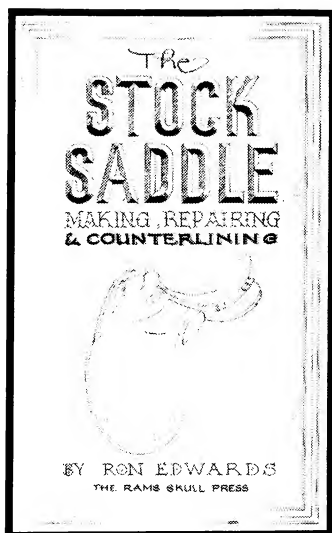
Electric Fences





# THE STOCK SADDLE — Making, Repairing and Counterlining

By Ron Edwards



- \* History and development of the Australian stock saddle.
- \* Complete step-by-step instructions for making your own stock saddle.
- \* Description of the different types of saddle.
- \* How to make repairs to your own saddle.
- \* Step-by-step instructions for making a surcingle, stirrup leathers, folded girth, cord girth, ringhead bridle, two types of halter and more
- \* Instructions for making simple, effective and inexpensive harness. *The Stock Saddle* contains over 350 illustrations and is a must for every horse owner concerned about the comfort of his riding or working animal.

## BONUS OFFER

A limited number of copies have been personally signed by the author and are available *now* on a first come, first served basis.

Send \$9.95 (includes postage and packing to:

Grass Roots, Box 900, SHEPPARTON, 3630.

NOTE: This book is in limited supply due to a short print run.

# SURVIVING IN THE EIGHTIES

## Surviving in the Eighties

Michael Boddy and Richard Beckett  
Illustrated by Janet Dawson Boddy



By Michael Boddy and Richard Beckett

If you're living in the city and would like your garden, however tiny, to give you fresh and inexpensive fruit and vegetables, or if you're moving to the country and would like to run a small productive farm, 'Surviving in the Eighties' is indispensable.

Many of us want to achieve some small degree of self-sufficiency, if only to provide a pleasant alternative to expensive processed food. But how do we go about it? In this practical, beautifully illustrated book, Richard Beckett shows that you can achieve a degree of self-sufficiency whilst living in the city. Even one tomato plant growing in an inner suburb is better than nothing and, with a little thought and ingenuity, it is possible to do much more. And if you are able to move to the country, Michael Boddy provides the basic information needed to run a small rural property, in fact, information you should really have before you move.

The two authors have drawn on many years of practical experience to provide a uniquely practical Australian publication.

Available now, just send \$12.95 plus \$1.00 post and packing to:

GRASS ROOTS, P.O. Box 900, SHEPPARTON 3630.



Feedback Link-up Feedback .....	4,88
Life on a Lighthouse Station .....	Joan Nethery 14
In Praise of the Mule .....	Ann Walker 18
Juice Use .....	Penny Hemphill 20
Making Hooked Rugs .....	Jean Clark 23
1982 - The Year of the Tree .....	24
Simple Weaving .....	Rita Summers 26
The WWOOF Story .....	27
Building a Smokehouse .....	Mike Bredellet 28
The Politics of Protein .....	John Seed 29
Low Cost Electric Fencing .....	Andy Morton 31
The Blood Knot .....	Bob Willis 35
Some Thoughts .....	Frank Povah 36
'Polly' Bloat and Milk Fever .....	Shirley Broomhall 38
Creating a Low Energy Lifestyle .....	Geoff Dawson 40
Plait an Australian Stock Belt .....	Jill 43
A Manually Operated Washing Machine .....	G. Murchie 45
A Gate-less Fence Gap .....	Col Leavold 45
Natural Goat Care .....	Pat Coleby 46
Easy Recipes with Wholemeal Flour .....	Ann Walker 48
Oven Temperature Chart .....	Margaret McDonald 49
Beadwork .....	Cathy Lonsdale 50
Growing Mushrooms .....	Geoff Williamson 51
Distillation of Oil .....	John Meredith 52
Understanding Horticulture .....	John Mason 53
For Us the Siren's Song was Strongest off the Queensland Coast .....	Jose Robinson 54
Feedback on Native Formulae .....	Yvonne Cowling 55
Wood Finishing .....	John Elliot 56
Away from the Madding Crowd .....	Beatrice Campbell 58
Poetry .....	60
Kids Pages .....	62
While the Billy Boils .....	64
Outback Diary .....	Maureen Wright 66
Growing Garlic .....	Manfred Muellner 67
Grass Roots General Store .....	68
The Welsh Love Spoon .....	Ben Wieland 70
A Kid's Eye View .....	Margaret Salmon 71
Composting .....	Chris Bartlett 72
Chiropractic .....	Susan Breslin 75
Down Home on the Farm .....	Meg Miller 76
Land Link .....	78
Unclassifieds .....	79
Seed Swap .....	79
Information Available .....	84
Book Reviews .....	86
Gumnut Gossip .....	Meg Miller 98

Front Cover: Ever realized how much you miss when driving at highway speeds? Our gentleman, cow and dog don't miss anything and the transport runs on grass. Photo: Northside Productions.

Back Cover: Late afternoon sun casts a shadow on a home-made blend of earth and timber. See *Creating a Low Energy Lifestyle* on P. 40.

Photo: Geoff Dawson.

Distributed to newsagents by Gordon & Gotch.

# Feedback Link-Up Feedback

**Dear Folk,**

I am having some trouble locating an ice cream churn of the size I would like. I have tried cooking utensil suppliers and electrical appliance manufacturers around Melbourne and all I can find is a Monier churn of approximately one litre supplied by Sunbeam. I would like one of two to three litres if possible. I don't worry whether it is electric or hand operated, although hand operated would be preferable. Hope someone can help me.

**Colin Renwick,  
P.O. Box 514,  
TRARALGON 3844.**

**Dear Alternative Folk,**

In the very near future I will be packing up the old motor cycle again and heading off for the rest of the year. Being presently in Gladstone, I will be exploring in detail, north and western Queensland, parts of the desert country, Northern Territory and, if I'm still solvent, a lot of Western Australia. I would be very grateful if people would write and let me know of places, farms, markets, communes, co-ops., etc (not just these places but all over Australia) where:

- a) I could possibly obtain fresh fruits, vegetables and herbs.
- b) I can camp, preferably near water. I'm very easy going and travel by myself so I promise I won't be a nuisance - well except to those silly enough to lend an ear to the passions of motor cycling, especially the Italian kind!
- c) Places where alternative lifestyles/energy are in practice, however small or large.

Recently I was disposing of some old bike tyres at the Rockhampton dump when an elderly cosmopolitan gent raced over and asked if he could have them, further explaining in splutterings of English that these were most suitable for his tomatoes, shrubs, etc. So give them a try and see if they are as good as I was led to believe.

I would also like to hear about Australian bush bands, folk music events and popular venues.



Edited by Meg and David Miller.

Published by Night Owl Publishers Pty. Ltd., Box 900, SHEPPARTON 3630.

Grass Roots is produced for those who wish to regain control over their lifestyle by exploring the alternatives to modern mass consumption. Whether you've just started out or you're an old hand, why not share your experience and knowledge with other readers of Grass Roots. All contributions of articles and photos are welcome.

Cover design and artwork by Ian Boyd.

Typeset and produced by Layabout Layouts, Box 900, SHEPPARTON, 3630.

Printed by Waverley Offset Publishing Group, Geddes Street, MULGRAVE, 3170.

© 1982 by Grass Roots. No part of this publication may be reproduced without written permission of the publisher.

Would anyone be interested in renting my caravan on site for the rest of the year? It is a late model very pleasant and well set out 4 berth van. There is an abundance of high paying jobs in the area with a free bus being provided by one the major construction sites. I'm situated in the best caravan park in the area, in bush 23 kms from Gladstone on 10 acres with a lot of bush around. A wide river is on two sides (fair fishing). A very spacious and cool 9ft annexe is yet to be bought. The caretakers are really good and don't mind your own little vegie gardens. Our little village consists of four houses, one shop, two petrol station/restaurants, a primary school 1km away and also school buses to Gladstone. Possibly there would be an old ute to use/look after as well.

**Chris McGrath,  
C/- 44 Hill Street,  
TOOWOOMBA 4350.**

**Dear Folks,**

If any readers are building/thinking of building with stone I'd love to lend a hand, give advice, design, fantasize or whatever with you if needed or just to say hello. I spent 2½ years building myself a stone house in the forest using river stones - quite an experience. I'm heading north about July and then south in summer. No timetable, just stay a while in places that feel good, painting a few pictures along the way, gold panning, messing around in boats, walking, nature watching. Who knows. I'd love to meet some people along the way who are doing their own thing. Any mail will be forwarded from Coffee Camp.

**Julie Baigant,  
R.M.B. 953,  
Nimbin Road,  
COFFEE CAMP 2480.**

**Dear G.R. Readers,**

I've come across your magazine through a friend. I'm a Swedish girl who is out here in Australia till the end of July. During this time I would like to travel around the country areas and experience the alternative lifestyle. I'm interested in photography and would therefore like to photograph the scenery and the people. Is there anybody out there who has a small room, caravan or anywhere I could stay for a small rent or in exchange for housework duties, etc. If so I would love to hear from you.

**Ann-Charlotte Palmgren,  
2/32 Park Road,  
MILTON 4064.**

**Dear Grass Roots,**

I am a single 30 year old Christian woman, looing for a male companion of the same age to mid thirties. Alternative living has become part of my life, with interests in reading, people, animals and enjoying the way I live. It would be preferable for this person to live around the Shepparton area, but I will answer all letters from other areas. If anyone has any recipes for gluten free bread and cooking I would love to hear from you.

To Meg and David, thank you for an interesting and practical magazine.

**Chris Ernst,  
Box 68,  
MURCHISON 3610.**

**Dear Grass Roots,**

I am a lonely 42 year old divorced male of Scandinavian origin, 183 cm, 85 kg, no children, still longing for my own family. I am in the building industry and proprietor of 65 ha at Bohle Plains near Townsville. I am looking for a petite woman companion, non-smoker, drinker, drugs or a feminist to plan and design home and future on predominately permaculture lines of self-sufficiency.

At present I am camping in my 10m by 10m by 5m high workshop, one side has a mezzanine floor that could be made comfy for other welcome helpers.

**Allan Raja-aho,  
P.O. Box 499,  
AITKENVALE 4814.**



---

# Feedback Link-Up Feedback

---

## Dear Grass Roots Friends,

I am in need of hills, trees and wild water again after sometime in W.A. and am considering moving to Tasmania. Is there any reader out there with quiet rentable accommodation in reach of employment opportunities? I am in my thirties, a Buddhist in outlook, very self-sufficient and used to isolation with wide interests from travel to historic machinery. I'm also used to most small holding work from building to hand milking and am not into drugs, smokes or booze. I would have enough funds to pay rent for several months while looking for suitable employment. *Anything* environmentally orientated considered.

**Ben Wood,  
7/109 Pola Street,  
DIANELLA 6062.**

## Dear Folk,

Please would you know anyone with chooks old 'Jersey Giant'. I would like to breed them.

**T. Harker,  
'Aschau',  
JINDABYNE 2627.**

## Dear Grass Roots,

We would like to look at some established permaculture or similar systems in a temperate rainfall area as we are seriously considering doing it ourselves.

Sometime in the next few months we plan to make a few trips to see what others have done and talk together as well as looking for suitable areas and land. We would have our own accommodation and not wish to stay or work at this stage. We have a young family (2 boys aged one and three) and Ian and I are 33. For the past 5½ years we have been living in the mid north of South Australia with our own house, one acre and mains water and although we have accomplished some things we feel our future is limited by water, land, etc. We would like to know of people living in such systems who would be willing to give us a little time or even written information. Also we would be interested in looking at underground dwellings.

**Jan, Scott & Philip Gerner,  
Main Street,  
YONGALA 5493.  
Ph. 086-514-202.**

## Dear Grass Roots,

I would like this letter to be taken as a personal thank you to all the people who wrote to me in reply to my query in G.R. 29 regarding my son's nappy rash. I am happy to say that I now have the problem cleared up. Thanks very much to those who went to the trouble of sending me samples of products. Once again to all those who replied, this is a personal thank you as to answer everyone (over 40 replies) would give me writer's cramp as well as the cost in stamps.

**Tricia Smythe,  
C/- 13 Howard Street,  
PARKES 2870.**

## Dear Grass Roots Readers,

I am writing to you all in the hope that there might be a small group of people who would be looking for something else in life except the chasing after the almighty dollar. I am a sole parent aged 38 with two children – one girl aged nine and a boy aged three. My wife died suddenly last year. I am clever with my hands and am interested in most handcraft, pottery and rugmaking. I would like to get together with a group who might like to start right from the bottom. What I mean is I would like to build my own home. Out of what material I don't really care. Just somewhere with nice people that my children might find a better life than the city can offer. I will answer all your replies.

**Tony Young,  
9 Poade Street,  
OLD REYNELLA 5161.  
Ph. 381-7063.**

## Dear Grass Roots Neighbours,

I'd like to hear from a man who is simpatico with my crazy, whacky, situation: American chick arrives in Australia and wants a man, a home and a family – *pronto*. I'm 33, Pisces sun, Pices moon, Taurus rising. I'm ready. I got my Datsun ute, my sprouter and bread making equipment, my rocking chair and *all* the lovely comforts that could give any cabin or mansion that warm womanly touch. I'm a creative spirit of a special sort. I could live magically amongst God's nature and need no-one but my man and family *or* I could work in co-operation with a community of people with shared ideals. The adaptable water sign.

I have a bit of capital I am willing to invest in land. But gosh, I gotta hurry. It aches to eat and pay rent out of it here in the city. I have a strong background in business and management and would like to divert that talent to management of my home and making our land pay for itself and our self-sufficiency. I am seeking a partner, I am a wiz on my own but I am a whirlwind in a team.

I am a beautiful woman who is woman and whose strength is in her softness. I need a man who is strong and freely giving of that energy. We will meet and know. I'll bet you're so very near. This will be a wonderful opportunity for both of us. There is more to say and feel, please write and become acquainted.

**Rose Busche,  
39 Kimberley Street,  
E. KILLARA 2071.**

## Dear Grass Roots People,

We are an open minded couple of folks looking for a place to settle down and build our own home on some land with permanent water. We are Rob 31 and Ruth 42 and we are into gardening – fruit, vegies, orchid growing and plants generally. Ruth loves to sew and cook and we both enjoy pottery. I (Rob) am a Jack-of-all-trades with experience in farming (fruit, rice, sheep, cattle and wheat, etc.) building (with special interest in recycled building), plant propagation (glasshouse and shadehouse culture of native orchids) and have a good hand with mechanical critters.

We have both been involved in seeking to increase our own awareness, both of ourselves, each other and the world around us, by participation in T.A. and various other group activities. Is there an opening for us somewhere on the coastal strip of N.S.W. within 200 km of the sea? We have some money (enough to buy a reasonable share) so we are looking to either buying our own bit of dirt or sharing with other like-minded folks. We are not vegetarian but believe ourselves to be moderate and honest people. If you can help please write us and we will answer you all.

**Rob and Ruth,  
19 Groongal Avenue,  
GRIFFITH 2680.**

## Dear G.R. Readers,

I am travelling to Tasmania in January '83 in search of a small, freehold acreage (15-30 acres) with permanent water, hilly terrain, plenty of trees, preferably coastal and an area where there is an active, creative community happening. I hope to have \$6000 in savings. I am 29 years of age, a horticulturist with interests in Tai chi and music. Any help and information would be really appreciated.

**Geoffrey Green,  
C/- 22 Eastwood Avenue,  
EASTWOOD 2122.**

## Dear Meg and David,

We are still enjoying Grass Roots and would like to thank you for publishing my request for peanut butter recipes. What a response!! Letters from all over Australia. Could you publish a 'thank you' for me? I've made the peanut butter and my family say it's 'yummy'. I'd love to personally write thank you to all who answered but time does not permit.

**Narelle Wearing,  
56 Raymond Avenue,  
CAMPBELLTOWN 2560.**

---

# Feedback Link-Up Feedback

---

## Dear David and Meg,

I have been an avid reader of your magazine for some years now. How about an article on alternate energy crops. I work on a Jojoba Project and things are going great.

I am 38 years of age with a daughter of 5 years who runs all affairs! I am a Cancer and naturally like home life, nature and outdoors, etc. We would both like to share our life with someone warm and caring. All letters thoughtfully answered.

**John Darley,  
2/220 Agnes Street,  
ROCKHAMPTON 4700.**

## Dear Friends,

Thank you to everyone who wrote to me. I will answer you all in time but there will be a bit of a delay as I can get only one letter a week.

To Julie from Wingham: I received your most welcome letter and I'm sorry for not answering as yet but there was no address supplied with the letter. I have a few building hints that may help.

**Charlie Kellett,  
Private Mail Bag 11,  
ROCKHAMPTON 4700.**

## Dear People,

We are a craft minded family of five (my wife Debbie, Charlie 10, Sam 8½, Emily 4½). We have nearly sold our house and will be looking at farms or a part of a farm to buy, east of the Great Dividing Range from Victoria to Cairns. We are experienced in gardening, nursery work, fencing, basic building, etc. and need to learn more about subsistence farming and animals. We would like to hear from people with a farm who could give us some space to pitch a tent in exchange for our help. Letters can be forwarded to our parents whose address is published.

**Dan & Debbie Bacon,  
C/- 36 Lockyersleigh Avenue,  
BATEHAVEN 2536.**

## Dear Grass Roots Readers,

If there are any people who are looking towards adopting an independent lifestyle on the land in a community spirit, I would love to hear from them. It seems to me that a group of people could combine their resources to buy land and derive food crops from it and at the same time, maintain it in a natural healthy manner.

**Kurt Ruzsicska,  
2/207 Spence Street,  
CAIRNS 4870.**

## Dear Readers,

Can anyone help with an article or information on keeping pigs on free range as all the information I've seen is slanted towards breeding them in pens.

**Gordon Chadburne,  
Lot 1005 Ramsay Road,  
ROSSMORE 2171.**

## Dear Grass Roots,

I have a few bushes of Feijoa or Guavas – they are the Cherry, Pineapple and Hawain. I wonder if someone has recipes for guavas?

**Shirley Aicher,  
Lot 20,  
Greenridge Road,  
JIMBOOMBA 4280.**

## Dear People,

I need to find a group of people who share my aims and interests. My children have grown and flown and I need to be part of an extended family. I've been growing herbs for years and am studying herbal medicine, have a diploma in Swedish massage, am a non-religious, non-smoking nature lover. I spin, knit and sew and love kids. Please write.

**Hazel Robinson,  
21 Dolly Avenue,  
Springfield,  
GOSFORD 2250.**

## Dear People,

Thanks for publishing our letter re forming an owner-builders association. We received lots of letters but unfortunately due to work pressures (there it is again) and a severe lack of time, we have been unable to reply to everyone as yet. To those who have not heard from us yet, do not despair. As soon as we have our act together we will start writing.

**Ross and Leonie Thomas,  
67 Gormanston Road,  
MOONAH TAS. 7009.**

## Dear Grass Roots Readers,

I am very much interested to have many penfriends from Australia. My age is 25 years. I am unmarried girl. I will prepare beautiful crochet work and crafts. My hobbies are crafts, reading foreign magazines, collecting stamps. I would like to correspond with both gents and ladies aged 25 to 70 years. I believe that many of Grass Roots readers would write to me.

**Kumari-Shalate,  
14-77, Merjalguda,  
Malkajiri,  
Hyderabad -47,  
A. P. STATE INDIA.**

## Dear Readers,

Occasionally I meet healthy, happy, energetic people and they have always been people who sought a balance, taking into consideration climate, age, workload, availability and preferences – eliminating things that they didn't need and building up areas where deficiencies become apparent. The following formula seems to work.

A continually changing balance of simple meals that are light if you are travelling or doing nothing, heavy if you are cold. High in carbohydrates if you're working hard, high in protein if you're growing, healing or pregnant. Lightly cooked meals with green, yellow, white and red things in them.

Meals shared with someone and meals that everyone at the table has contributed to, if only by carrying out the dishes.

Remember that eating is only a facet of a greater balance – don't become obsessed by it to the detriment of these other facets.

Creative exercise – not running round in circles but building something – head, heart, hands exercising together.

Something to strive for, to believe in, someone to love, someone to laugh with.

Someone on a different trip to teach you tolerance and to pull you up when you think that only you are right.

Someone on a similar trip to share ideas and to help when you are low.

Someone old and someone young to remind you of the past and the future.

Something to belong to, to teach you social responsibility.

Someone who needs you.

absorb the silence, the distance, the foreverness. This tends to put you and your problems and your importance into perspective.

This is one reason that I like Grass Roots. It gives people an avenue for seeking each one of these things – like mud brick building – second rate as a building material but first rate for creative exercise.

**Alexis.**

## Dear Friends,

Would there be any lady interested in writing and broadening our outlook on self-sufficiency and maybe forming a friendship? I'm 29, single and I hope to buy a farm.

**Paul Asher,  
C/- Grass Roots,  
P.O. Box 900,  
SHEPPARTON 3630.**

# Feedback Link-Up Feedback

## Dear Grass Roots,

We are a family of five (three children, 14, 8 and 6) who have been living in a very beautiful and tranquil place on the North Coast for the past five years. Until now!! This whole area is undergoing the most dramatic changes – approval has been obtained by developers to divide the region into five acre blocks (from magnificent forest and pasture lands) and we feel we can't stay to see the final carnage. Also our home (rented) is to be sold. Everyone around here seems to be trying to cash in on the Real Estate boom. So we plan to move back to Sydney to enable the children to experience the excitement and beauty of a big city – something they haven't experienced and something we believe to be an integral part of their education, a positive influence on their total life experiences.

What we are asking – are there any people out there who may have a house to rent in or within easy reach of Sydney. A house that we could make our home for the next three to five years. We envisage being very busy but as far as we are able, we are willing to renovate an old house at our own pace. We sincerely hope someone out there may be able to help.

**John & Jennifer Werthmann,  
Federal Road,  
GOONENGERRY 2480.**

## Dear Friends,

I have started my china painting classes but still have a few vacancies. It has been wonderful watching people develop – go through frustration sometimes, to satisfaction with their works. Porcelain painting is an old and delicate art and no real 'artistic talent' (as so called) is needed – it's all in the technique. The porcelain (or china – two words are synonymous) is painted a series of times with a kiln fire in between each painting. Many, many things can be painted on porcelain – you are limited only by the shape and size of the piece you have chosen and your imagination. All the techniques can be simply described on paper if someone wishes to learn but is too far from a teacher.

I would also love to hear from any other porcelain art fans. I hope your chicken gets better Meg – life seems so frail sometimes but I guess death is merely a part of life – how hard it is to comprehend it sometimes.

**Jenny,  
24 Minerva Street,  
KIRRAWEE 2282.  
Ph. 02-521-8043.**

## Dear G.R.,

I would like to say hello to some people up at Collambatti – Jenny Williams at the 'Ruins' and Ruth. Sorry Bernie and I didn't get around to see you – we didn't finish the shed until the day we left. Also to Diane and Carol and 'Hoover' down at the teepee. Hope you got enough rain. Next time we're up will try to see everyone and maybe have a relaxed time – probably fence building!

**Wayne Bastow,  
33 Essilia Street,  
COLLAROY PLATEAU 2098.**

## Dear Folks,

Wilma Dillon of Grafton asks about growing grain and improving pasture. Last spring we planted a quarter acre of grains just to see how it would go. You could not get a poorer piece of ground – it was a pine forest two years ago. We had the trees pushed down and then began the mammoth task of clearing the trees by hand. We used most of the timber as firewood but pine does not store well and goes soft and spongy, impossible to split or cut, so a lot of it was burnt as no timber impregnation plants were interested as there is a glut of pine, or so they told us. Anyway, the soil is so poor here we have barely one inch of topsoil; the rest is mudstone and previously the area had housed pigs so all the top soil was snouted down the hill. We didn't expect anything would want to grow. We had no way of getting enough compost over this area so we planted a green manure crop of lupins. They grew

magnificently, lush, tall, green growth and then the glorious blue mauve flowers began to show – this is when they must be ploughed in. We sowed the grains that same day – it was late spring by now. To our amazement the oats, wheat and rye just grew and grew. John cut the oats and wheat, bundled them and dried them as cow and goat feed. The rye we cut with a hand sickle, bundled and threshed. It was a big job but most satisfying to know that we could grow our own grain if we had to. We were unable to buy rye this season so we were pleased we had some in store.

Also someone requested an easy tanning method. We have tried many methods but gave up each time because the process just seemed to be long and heavy work. But we found this method easier and results excellent. We tanned two Angora and two sheep skins.

1. The fresh skin is washed thoroughly, getting fleece as clean as possible.
2. Hang wet skin on line or flat on the lawn fleece side up, for one day taking care not to allow the skin side to dry, otherwise hang in a closed shed.
3. Sprinkle skin generously with equal quantities of salt and alum.
4. Place absorbent paper all over the skin, several sheets thick, to absorb and hold moisture given off by salt and alum.
5. Wrap skin up with paper in place and allow to cure for one week.
6. Scrape off excess fat with a blunt triangle shaped paint scraper.
7. Peg skin out on frame, skin side up.
8. Make a paste of ordinary flour and olive oil (1 pint of oil for 1 skin) and spread this paste over the entire skin.
9. Rub skin down each day, this rubs the oil into the skin. As the oil is absorbed the flour will dry and fall off. I found a half opened pine cone excellent for this rubbing down procedure.
10. Give the skin a final rub down, dusting off all traces of flour. And there you have a beautifully soft useable hide. Trim off any stiff edges.

Tanning should be done in the autumn or winter as it is important that the skin does not dry out at any stage. This process takes about two weeks from start to finish and involves about four hours of work.

**Anna Rando,  
Dickie Road,  
OFFICER 3809.**

## Dear Lady Readers,

I am a country type of fellow and live on a block of land situated near Toowoomba. I live in a house and find country life really good and healthy. There is a creek running along two sides of the property.

I would like the friendship of a lady. I would appreciate letters from a single young lady aged between 20 to 30, who is a Christian and does not drink or smoke.

**David Zimmermann,  
M.S. 1092,  
GOOMBUNGEE 4354.**

## Dear G.R. People,

We own 160 acres on the Hotham River near Boddington W.A. which we would like to keep in its natural state but several mining companies have other ideas so we may have to give in and bear it.

Having read this magazine we realise although we have something to offer there is much to learn of life and as we are starting a trip around Australia in mid April going north around the top and down the east coast taking 12 months or so. We hope to pick up some answers on the way around. Hopefully some G.R.'s on the way will let us know where they live so that we may exchange thoughts and experiences. We are non smokers, non religious but will have a drink.

**Chris, Katie & Cherie Brown,  
C/- 2909 Albany Highway,  
KELMSCOTT 6111.**



# Feedback Link-Up Feedback

## Dear Grass Roots People,

My wife and I are working our way around Australia and like all people, are seeking in time, to have a small piece of land and our own home to attempt to be self-sufficient to a degree.

I am realising a dream of many years, filming a documentary in which I am including people – to me the important ingredient. We caught up with Grass Roots at issue No. 27 and we find it a wonderful source of information. It is heart warming to read Feedback-Link-up and to a degree, enlightening to find the number of people who are seeking an alternative lifestyle – hoping and dreaming with so little money to finance them. I do not seek to deter them but beware the developers. Seek land with care and talk to the locals before buying.

At present we are working at Pambula N.S.W., but are moving to Canberra in March. I believe in the dreams and efforts of the few who have made the break, started co-ops, community groups, etc. These people have a story to tell that may help others in their dreams for an alternative lifestyle. I would like to hear from people in these situations., visit them, spend time with them and attempt to tell their story on film, Not a journalistic/newswriters story, but the truth of their efforts, hopes, happiness, etc. Their efforts at mud brick housing and other modes of building, lifestyles, etc. In return I can contribute a great deal of practical information and help as an engineer (mechanical, with a background in electronics), communicator, amateur radio operator, handy-man having rebuilt houses, laid bricks, made cabinets, boats, wood turning. I believe I could make a more than worthwhile contribution to the efforts of any group or individual. More, I care about people and fellowship – if we care about each other and share, the world can be a better place. It needs only a few to start. G.R. shows this. I would like to add my efforts to this band of happy and hopeful people. The address given is my daughter's and all letters will be forwarded and answered in time. We are travelling in a caravan with two vehicles. Please drop us a line. Love to have your thoughts and if we can contribute, we would love to call and spend time with you. If 'Jane', whose letter in G.R. 27 I really enjoyed, cares to write, I would love to correspond with her.

Thank you Grass Roots people for making our lives a little richer with your letters in G.R.

**Jim & Elisabeth Edney,  
C/- Mrs. I. Holland,  
65 Fox Street,  
ST. ALBANS 3021.**

## Dear Friends,

More news from Co-ordination Co-operative, G.R. 26 p. 29. Our pre-school and primary schools are going well, staffed by three full-time teachers and attended by some forty children. A large hall was recently demolished in Lismore by two thousand man/woman hours of voluntary labour. A new hall and theatre will soon be constructed on the property to accommodate 400-500 people. Our fire brigade now has some \$10,000 worth of equipment including a couple of 4WD vehicles and one 6WD tanker.

Land in the Nimbin area is now very expensive – about \$50,000 for a house and a few hectares. It would be cheaper to buy a block over 40 ha, then apply for 'multiple occupancy zoning' and share the land among several families. As stated in G.R. 26, we no longer have shares available, however there is plenty of scope for similar ventures in this area.

**Dave Lambert,  
Co-ordination Co-operative Ltd.,  
P.O. Box 26,  
NIMBIN 2480.**

## Dear Folks,

Our little wooden cottage is on a third of an acre in this self-contained, Folk Festival town, 10-12 miles (too old to change) from Launceston. We have a couple of coloured ewe lambs, two Muscovies and some bantams plus vegie plots. We're hoping our native trees will survive our expected hard winter and put a screen around our area really soon – the log trucks are so damned fast and noisy out here we wanted the

native trees and shrubs for sound absorption as much as anything.

Thanks for all the hard work you are obviously doing with the mag. We are not terribly self-sufficient as we have an 'evil eye' in the house that hypnotises us in the evenings but we *do* intend to move out one day, to build my retirement 'mud brick hall' in the bush on leased land nearer Bass Strait. One day!! Anyone with information on leasing and building regulations thereof?

**Chris Harris & Liz Smith,  
35 Lewis Street,  
LONGFORD 7301.**

## Dear G.R. Readers,

I am a 46 year old male who has come to the crossroads of life and no longer want to live in the city. I don't drink and don't drive. What I would like to do is to be able to live on an established self-producing farm growing vegies, cattle, corn, sugar cane or plants, where I could work around the place for food and accommodation, but not for just a week or two, on a whim, but for good or for as long as I may live. I don't want any sexual commitment at all, but am looking for genuine, sincere person(s) who would like some help around the place but can't afford high wages.

As a city person with a great love of the countryside, I am looking for person(s) to teach me what they can. My interests are many and varied and doing what one has to do to survive for a lifetime in a rural area. Am not interested in a commune and have only limited capital, so don't want to use it up! I feel as though I'm capable of many things, given the opportunity of learning new things, but it all takes time.

If there is anyone out there who is a genuine person(s), please contact me and we perhaps could come to a mutual agreement to live in peace and harmony with each other over a long term. I genuinely want to change my life for good so if there is a genuine proposition please let me know. Write to:

**Flat 18/521 Bourke Street,  
SURRY HILLS 2010.**

## Dear Readers,

Does anybody want any pumice stone? If powdered, I thought it could be added to a soap mixture to produce something like Solvol. Anyway, if you are interested, let me know before mid-June as I'm leaving Cairns and the supply then.

**G. Bretzke,  
C/- Post Office,  
Smithfield 4871.**

## Dear People,

We love your magazine and live in a country town as self-sufficiently as we can without animals, although we have bantams which lay gorgeous little eggs. All our herbs and vegies come from our organically grown garden and we have some good fruit trees including two old-fashioned ones – quince and crab-apple. This season our Grannies and Johnnies are riddled with codlin moth and we wondered if any Grass Roots friends know a way of stopping codlin without chemicals.

Pete and I make all we can in the way of clothes for us and our three beautiful little children – Pete's good at ugh boots and leather sandals, etc. We make all our own bread in our wood stove oven, shampoo (which wasn't all that good) and soap and face cream which we were pleased with. The recipes for the cosmetics were gleaned from a good book we have called *Towards Self-sufficiency* by Bill Connor, written for Australia and N.Z. and we recommend it to all Grass Roots people who want to try a degree of self-sufficiency, even if they're 'townies' like we are. I forgot to mention our most unforgettable family member, our half-grown, half-witted Dalmatian puppy who is a great help in the garden I don't think! We love him all the same.

Best wishes to all of you for the wonderful lifestyle you've chosen and we would love to meet others in our area.

**Pamela and Pete Tulloch,  
Willow Cottage,  
18 Hinckley Street,  
NARACOORTE 5271.**

---

# Feedback Link-Up Feedback

---

## Dear Friends,

I have enjoyed reading Grass Roots and after reading an article (years ago) on how to use pumpkin seed kernels, still cannot get them out of the shells. Is there an easy way?

**Mary Butler,  
Unit 2,  
7 Kitirawa Road,  
Remuera,  
AUCKLAND 5 N.Z.**

## Dear Grass Roots Readers,

There must be many among the readers of G.R. who, though they support the values of self-sufficiency, do not feel they can, nor want to take it up completely as a way of life. Nevertheless many would like to move and plan to move more in that direction.

In suburbia I compost all organic waste, make my own bread, grow herbs and some fruit, refrain from processed foods, etc. I should like to keep bees, have solar heating, have more trees and vegetables – the list could go on. Where I should like to do this is on Mount Tamborine, 90 km from Brisbane. I fear Mount Tamborine is trendy by G.R. standards. Academics and intellectuals and business people have homes there. The real estate merchants are thick upon the ground. However it is a place I have come to love deeply – the climate, the mists and cloud, the fertile red soil. For a while I shared a home there, so I do not speak as a tourist.

There is a country show on Mount Tamborine. The community, defined by the geography of the mountain, is small enough to identify with in its concerns and interests, yet wide enough not to feel intellectually and socially limited.

Are there any readers in the Brisbane area who feel the same? I probably have enough money to buy a small piece of land there, but not to buy or build a house. I should like to anticipate my retirement by some fifteen years by getting a toe-hold on that mountain, plant trees, grow vegetables, catch water, have bees, identify with the life there. A residence must be kept in Brisbane for reasons of job. A shed on a piece of land at Tamborine, and I'd feel there was a future to work for.

I should like to hear from anyone living in my area who feels they share my attitudes and values.

**Kate Dash,  
72 Depper Street,  
ST LUCIA 4067.**

## Dear Readers,

We live in Sale, Victoria and my husband works offshore on the oil rigs. We are interested in buying a house and land at Briagolong, a beautiful place not far from Sale. We have a daughter who attends a special school for autistic children. She enjoys the country very much and she would be happy to help me with the garden and have a few pets.

**Ann Thatcher,  
14 Sandra Court,  
SALE 3850.  
Ph. 051-441-602.**

## Dear Folk,

We have now settled into our house on 3½ acres here in the north-west of Tasmania. Well, I say settled in, but what I mean is we're here. I guess it will be quite some time before we really settle in.

It's really something to be able to sit snuggled up in front of an open fire – something that just wasn't practical up in Alice Springs. It's been a real shock to the system going from all the mod cons that we just take for granted, back to boiling up the copper to heat the bath water, wringing out clothes by hand. There was an old twin tub left in the house but the spinner doesn't work. Quite a difference from a fully automatic washing machine!! With the new baby only a matter of a few days away and my two year old still in nappies, we splurged out today and paid \$20 for a second-hand twin tub which Rex has had to repair and will hopefully work.

Although we haven't gotten into the vegie garden or animal side of things here yet, it's still been a remarkable and rewarding two weeks just

to be here and I'm proud to say that it was the magazine that prompted us to make our move. Thanks a million.

**Lee, Rex, Anna & Penny Morris,  
R.S.D. 104A,  
MILABEENA 7321.**

## Dear Grass Roots People,

We are about to embark on our first building venture – a shed to live in – so that we can suss out the land/frost/sun before we build a house. We want to build cheaply and as we have lots of black wattle on the land, wattle and daub seems sensible. Does anyone know what the mix is for the daub?

**Deborah Kaplan,  
C/- Post Office,  
SOUTH MURWILLUMBAH 2484.**

## Dear Grass Roots Readers,

I am writing to express my concern at the plight of our kangaroo. Much has been said recently about the brutal slaughter of the baby seals. What is happening there is happening all year round to our kangaroos. The drought hit them as hard as livestock and farmers and yet shooters had to make a living. The healthiest roos fell prey to them – what professional shooter would waste a bullet on a starved animal? The slaughter went on throughout the drought which took a heavy toll on the roo. As long as kangaroo 'culling' is a business this slaughter will have no limits. Sure we are told it is all carefully monitored but we cannot patrol our coastline, let alone interior, so the illegal trade flourishes.

Please for the sake of our 'National Emblem' help them by raising your voices and boycotting kangaroo products. They can feel the same pain as us, as seals, as whales. Please give them some hope to life.

**D. Webby,  
P.O. Box 820,  
CROWS NEST 2066.**

## Dear Grass Roots Readers,

My husband, baby daughter and I have just bought 16 acres in Wisliegh-Bruthen area not far inland from Bairnsdale. We know there are a lot of young people living in the area (hopefully G.R. type people) so we are hoping some of them would like to correspond with us. We would love to know how they are going on their farms and would greatly appreciate some helpful hints. We are wanting to get into organic growing – vegies, fruit, nuts and herbs, as well as having ducks, chooks, goats and sheep, our dog and breeding horses. We would also be grateful to know anything about home birth organisations in the area. So please anyone who could give us any information, we will be eagerly waiting to hear from you. We hope it might be possible to visit you some time whilst we are visiting our land (we won't be building on it for at least twelve months).

**Jenny Taylor,  
34 Riviera Street,  
MENTONE 3194.**

## Dear Folk,

Could someone please do an article for beginners on cooking in woodfire ovens?

**Sam and Debbie Hey,  
C/- Post Office,  
COLLINSVALE 7012.**

## Dear Readers,

My wife and I own and live on 640 acres of bushland near Kempsey. We are near the coast and it is a very pleasant place to live. We want to keep most of the bush in a relatively natural condition. I find that I need some help with these tasks which cannot be done by one man. If someone would like to come and live on and use part of our land in return for occasional assistance, I am sure we could come to a mutually suitable arrangement.

**Reg Humphreys,  
C/- Post Office,  
CRESCENT HEAD 2440.**

# Feedback Link-Up Feedback

**Dear G.R. People,**

Thanks for a great magazine and the encouragement needed to keep at this way of life we have chosen. Myself and two children aged 10 and 11 years, have recently moved into a near new home on 30 acres at Curra near Gympie. Although we cannot be truly self-sufficient as I have not ability to erect windmills, etc., we will certainly endeavour to produce all of our own organically grown food.

I would love to hear from other organically-minded people who live in this area, so I could have some friends who don't think I'm crackers because I buy earthworms and object to spraying noxious weeds with defoliant. If anyone would like to contact me I would be delighted.

**Leslye Hooper,  
M.S. 483,  
CURRA 4570.**

**Dear Readers,**

I have only just been given a copy of your magazine. I have been interested in alternative society for some years but the people I have been mixing with obviously were not. My wife and I have just moved from the West to Canberra and I am nearly finished my degree. I have some money saved up and really like the idea of building an underground house and becoming self-sufficient but don't want to isolate myself from other people. If there is anybody else who is interested in an alternative lifestyle with learning and science, I would really like them to write to me.



**Trish and Andy,  
P.O. Box 463,  
BELCONNEN 2617.**

**Dear Grass Roots People,**

Any readers can write to me on fuel stove worries as I have worked with fuel stoves for a number of years. They were all we had in the early 1950s to 60s, before the electricity went through from Woolgoolga to Red Rock via Corindi Beach and all towns between.

I know how to work a few of them and can fix most of the others so they work again. Here are some that I am more familiar with.

Rayburn 615 fuel or oilburner with HWS built in

Rayburn 510 fuel or oilburner with HWS built in

Waratah by R. Stowe & Sons, Glebe – can be fitted as water heater

Bega No. 3 by Metters – can be fitted as water heater

Dover – can be worked as a water heater linked up to a solar unit or a lounge fire back boiler.

One and a half to two acres native bush is enough to run the average fuel stove – take only dead wood as needed.

**Peter Fountain,  
57 Delamere Street,  
CANLEY VALE 2166.**

**Dear Folk,**

Does anyone know how to rejuvenate cane chairs? I was given two beautiful old ones recently but they look rather sad and grey.

Someone was asking about drying figs. I came across this method the other day. It's from the *Sunshine Larder*, by Susan Geishopt. 'Use small figs or ones that have partly dried on the tree. Check the skins by a quick dunk into boiling water – about 30 seconds. They may be coated with honey lemon solution or simply dried. Place on racks in the sun for several days, turning them every day. To make flat and round, stand them upright on the drying rack. When partly dry push the top towards the rack to flatten it. When dry store in an airtight container.

Honey Lemon Solution: ½ cup honey, juice one lemon, ½ cup water. Slightly heat the mixture so the honey fully dissolves. Dip the fruit into the mixture, then spread on the drying trays. The honey acts as a natural preservative while the lemon helps retain the fruit colour.' It is a really interesting book and all the recipes use honey instead of sugar.

Does anyone know of an organic solution to termites? They're in plague proportions here and even devoured a box of newspapers I left in a shed for a couple of months! Perhaps it is possible to create conditions they don't like? There must be some reason why they thrive in some places and not others. Any suggestions would be appreciated.

**Jan,  
R.M.B. 1555,  
EUROA 3666.**

**Dear Friends,**

On our six acre block we started with goats, but found them a big hassle as we weren't prepared enough for them with proper fences. Now, we feel developing fruit and vegie gardens is about all we need, seeing we are vegetarians. Lack of vitality in the soil is a problem so now I cart in a trailer load of horse manure each week and daily pick up food scraps from a restaurant in Lincoln so I can have heaps of compost.

I have two questions:

a) I would like to hear from people telling me what they do for refrigeration without electricity and gas.

b) Would a rammed earth floor be successful in a shed?

**K.S. Herrmann,  
Box 1086,  
PT. LINCOLN 5606.  
Ph. 086-821-143.**

**Dear G.R.,**

Does anyone know about wheat weaving? I saw some of Nannie MacFarlane's work but I cannot find any simple books on this subject. Also pine needles. I've managed to make small baskets. What else can I do?

**Lesley Moodle,  
22 Risley Road,  
FIG TREE 2525.**

**Dear Meg and David,**

Our Department here in Red Cross House subscribes to G.R. and we are finding your magazine full of good and useful ideas. We have a staff of 21 full-time instructors and 21 part-time instructors in our 'Creative Activities' Department. Our function is to teach painting, drawing, a wide range of crafts, gardening, cooking, music, drama, poetry, creative writing, games and other activities to frail elderly and disabled persons throughout the community. We have 13 centres in the Adelaide Metropolitan areas as well as three country centres staffed by our instructors and some fifty centres staffed by trained volunteers so your ideas are passed on to a wide circle of people.

**Dawn C. Slade-Faull,  
Red Cross House,  
211 Childers Street,  
NORTH ADELAIDE 5006.**

**Dear Folk,**

There was a query on how to clean iron cooking utensils in one of the copies of G.R. The secret is to keep them out of water as much as possible. You scrape out any cooked on bits, sprinkle with salt and rub out with paper. If they cannot be cleaned by this method and you do have to wash them, you must dry them very well out in the sun or on the side of the stove and possibly give them a light spray with one of the non-stick sprays like 'Pure and Simple', or oil them lightly by rubbing with a piece of greased paper. Of course this is no use on a kettle.

**H. & I. Kirch,  
P.O. Box 116,  
WILMINGTON 5485.**

**Dear People,**

I had a number of answers to my sand fly request — one very interesting note from a Sydney doctor regarding Vitamin B injections and tablets. Another from Kiama saying scrub the bite vigorously with a nail brush and apply Dettol. That seems to work well.

**Jean Jackson,  
P.O. Box 122,  
CURTIN 2605.**



# Feedback Link-Up Feedback

**Dear Folk,**

Here is a cure for dandruff. Rub cider vinegar through your hair about half an hour before washing. It really helps, although you have to keep it up for a few weeks. It is also very good for a final rinse as it restores the natural pH balance in your hair and skin (natural acid-alkaline level). Soap tends to send it 'way-out' and it takes about four hours after washing before turning back to normal. If you use about a tablespoon of cider vinegar to two litres of water it corrects it straight away and gives your hair a lovely shine also. It's good for oily skin, too. It worked very well for me and my hair looks healthy now.

Here is some information on herbal shampoo and what herbs to use. Various herbs contain 'saponin' which produces lather when you mash the plant and dissolve it in water. Many contain saponin but are not readily available in Australia. Some of them are Amole root, Guaiac leaves, Papaya leaves, Campion root and leaves, Saltbush root, Soapberry fruit, Soap pod fruit, Soap Tree Yucca root, Soapwort root. We have Soapwort growing very well in the garden. We obtained it from Mim's Mail Order Herbs. I'd love to hear from someone who knows if you can grow any of these other plants in Australia and where you can obtain them. I'd also love to know how to do potpourri. Could someone help me?

**Judith Mertlly,  
'Bauhlnia',  
COPMANHURST 2460.**

**Dear People,**

I am now reading Fukuoka's *One Straw Revolution* for the second time, having decided I must do something about raising some grain in a small way. It would be helpful to hear from readers who might have tried his methods in a relatively low rainfall area. I would be happy to correspond with someone who knows something about it.

I am also ready to start raising fish but am being thwarted at all turns in obtaining *Tilapia*. The are officially unobtainable in Australia, being potentially a greater pest than carp, but in a protein hungry world, how much longer can we be prevented from raising our own fish? Does anyone know how to get some? I believe there are some in Brisbane and in Melbourne and I would willingly pay for some small fry.

**Derek Wrigley,  
R.M.B. 901,  
Burra Road,  
BURRA 2620.**

*Footnote: Save trees - re-use envelopes. Derek has rolls of sticky tape available at \$7.50 each post free anywhere in Australia (each roll has 66 metres of tape).*

**Dear Grass Roots,**

Here are a few hints on making jam that I have found useful. It is best to use firm ripe fruit as very ripe squashy fruit has not as much pectin. This lack of pectin makes the jam runny and it does not set. If you want to use up over-ripe fruit use half firm ripe and half very ripe. You can add lemon juice to the fruit if it is very ripe as lemons have a lot of pectin. Try and pick your fruit in dry weather. In wet weather the fruit tends to absorb a lot of water. Never add the sugar until the fruit has cooked and become broken down - this toughens the cellulose and the jam will not set.

**Fiona Neagle,  
VERMONT 3133.**

**Dear Grass Roots Readers,**

Twelve months ago we moved from the rat-race of Perth to 8 acres of wind-torn, dusty, stony, treeless land, except for the trees along our river which runs with water only when we have heavy rains. We love our sandy river and Bruno and I agree even though it has been a tough 12 months, we have never been happier. We are both nearing 60 years of age but we are determined to use a lifestyle of self-sufficiency as much as possible and using, not abusing, our 8 acres. We now have 7 sheep (3 coloured), 2 Angora goats, all named and much loved, 11 delightful Khaki Campbell ducks who have cleaned our garden area of snails, a

beautiful cat called Tammy and Pixie, a 7 year old dachshund.

Oh yes, and I run a very slow-moving craft shop which is well stocked with my own work, and others, in an old shearing shed. I spin and dye my own wool and Wee Willie (one of the goats) will provide, with Horace's coloured wool, my next year's sweater. I also do macrame and lots of other little odds and ends with wild flowers, shells, driftwood, etc. I really enjoyed the article on how to remove a stump and here we are urging our seventy trees and shrubs that we will be happy to see 2ft tall.

It does my heart good to know there are a lot of other people, particularly the young and their families, who are returning to the natural way of living.

**Joy and Bruno Freytag,  
Post Office,  
WALKAWAY 6528.**

**Dear Readers,**

We have recently returned from a trip over East. We travelled 11,500 km and were successful in finding land suitable to our pocket, 30 km from Casino. Our advice to potential land buyers - don't give up but just keep looking.

Another question - has anyone any old favourite wine recipes they could send us?

**Toni and Adrian Burling,  
P.O. Box 176,  
LEINSTER 6437.**

**Dear Everyone, Especially Land Hunters,**

I spent four fruitless months searching for 50 acres or more at a reasonable price in northern N.S.W. and along the Queensland coast (sound familiar?) I wanted mild to warm winters and high rainfall. Well, on my way home, having given up in despair, I discovered a marvellous area - far east Gippsland. I can just hear you all going, 'Victoria, horrible weather in winter'. But far east Gippsland has very mild winters. Frost is almost unknown and lots of the area has sub-tropical rainforest. I believe it's something to do with being surrounded by sea on two sides and the mountains at the back forming a protective semi-circle. Yes I know land at Mallacoota is now very expensive but a little farther inland it isn't (or not yet, but prices are rapidly rising). It really is a lovely area. The vast majority of it is covered by state forest and national parks, with more gazetted, I believe. The Victorians claim it is one of Australia's last true wilderness areas and want to keep it that way, so there is not too much land available. It is rapidly being taken up. The area abounds in animals and birds. The bell-birds are deafening and we had to actually stop the car and shoo lyrebirds off the road. They were most indignant about having to move! Try John Coles in Mallacoota as a good local agent. It really is the most fantastic place.

**B. Taylor.**

**Dear Readers,**

I have recently moved from Melbourne to N.S.W. with my dream of living in the country in mind. I have since found that places for rent are almost non-existent in this area. I'm working with Children with Special Needs in Tweed Heads so I need to be close enough to town for travelling. I have a dog and cat, both of which are extremely loving and get along well with other people, children and animals. I'm hoping that someone in the country close to Tweed Heads may have a spare room to rent or some land where I could put a caravan. I would be eager and willing to assist in any farm work. Here's hoping for some positive replies.

**Kathryn Vernon,  
36 Terranora Drive,  
WEST TWEED 2485.  
Ph. 075-361-798.**



# Feedback Link-Up Feedback

## Dear Grassroots People,

I do feel for all those who are trying to make a go of things in the bush starting with so little but determination. Believe me you need the determination, though the country life is so much to be preferred to the city with all that smog and traffic always in the ears and nostrils. So keep trying.

You certainly have your hands full, Shirley Svensson, with your seven, but of course they are a help and comfort also. We always use natural fertilizers and mulch and our vegetables taste so much better than any we have to buy.

For most of my life I used a fuel stove (ordinary). Now I have a slow combustion, still fuel, but with a built-in water heater. With the ordinary kind I'm not sure what you want to know, but of course it has no thermometer of any kind so you have to learn to test the heat with your hand. Don't on any account, touch the metal or you will receive a nasty burn, but open the door when you are ready to mix the scones, then hold your hand inside it. It should be too hot to stand in four or five seconds. Then get the scones in as soon as possible and they should be cooked in about ten to fifteen minutes. Cakes, bread and tarts don't require such high temperature, just nicely hot. Experience is about the only real guide. Large loaves of bread take about one and a half hours if it's not to be burned to a cinder. I hop this is some help.

Catherine Edis – keep working on your poetry. I find it improves with re-writing.

To Bev. R. – it is disgusting the way some of your city farmers treat their animals. You should think about reporting them to the R.S.P.C.A. Those sort of people shouldn't be allowed to have animals. We, too, have city farmer neighbours who are trigger happy. As soon as they arrive next door we hear the guns blazing at anything that moves.

Tina and Peter van Veen – it seems highly likely that your ducklings and chicks are in-bred, that is, the parents are probably related. You would be well advised to get rid of the males, rooster and drake, and acquire new ones from another source. My small son was given French Frizzy bantams years ago, and like yours, they appeared not to have the strength to hatch. We were pretty sure they were in-bred and have never had that trouble with our own fowls which are kept unrelated as far as possible.

**Gwen Wright,  
Hunters Springs,  
via SCONE 2337.**

## Dear Friends,

Thanks to you wonderful people we have taken to gardening again and are quite pleased with the results in our veggie garden. The only thing wrong is that it's not big enough. Being on a small town block we cannot have all the animals, etc. we'd like, but I enjoy sharing your experiences through G.R. pages.

We have decided to get half a dozen bantams as pets for our three children and also for eggs. Could someone please advise us if we look after bantams the same as hens or do they have special needs? Also what is the difference between all the breeds and are there any books I could read about bantams? They would be able to scratch around the lawn during the day and what size pen would be suitable for this number?

We also have a small dog and would like some ideas on what to feed her. Presently she has the yukky can food and dog biscuits. I've started adding chopped parsley to the meat. Many thanks for any help and the whole magazine.

**Annette Kennedy,  
7 Barton Road,  
KYABRAM 3620.**

## Dear Grass Roots,

We have enjoyed your magazine for years now and find it a great help on our way to self-sufficiency. Our beautiful 300 acre valley is fairly isolated and I find it difficult to get out and meet people as our time is taken up building our sandstone cottage, so I wondered if there are any other Grass Roots people in the Copmanhurst area (or anywhere else really) who would like to correspond and share their ideas, experiences

and friendships and maybe, when life is less hectic, we could visit. Life always seems more interesting when shared with other like-minded people doesn't it?

**Fay Wells,  
P.O. Box 757,  
GRAFTON 2460.**

## Dear Grass Roots Readers,

My husband, baby and myself have just moved onto a small acreage on the south side of Brisbane, close to the Bay. We are farm sitting a lovely little herb farm with a few animals and vegies to look after. Since I gave up work and left the city behind me, I have discovered freedom. I want to try so many things – gardening, cooking, crafts, etc. It's really a wonderful feeling to be able to do what one wants. Australians are very lucky to have this privilege.

At present I am looking for an old electric or manual pottery wheel. Does anyone know where I can get one reasonably cheap in Brisbane? Also in about a month's time I would like someone to offer his or her services to come to me and teach me guitar – for a fee of course. Someone with a lot of patience I think.

**Felicity Dredge,  
62 Barron Road,  
BIRKDALE 4159.**

## Dear G.R. Readers,

For ten years my retired husband and I lived in the beautiful Bellingen Valley district and I can remember well those early issues of Grass Roots. 'Civilisation', however encroached on to our small island paradise, where developers filled in tidal swamps with many metres of sand, all in the name of progress.

We, a pair of oldies, are now living in the outer region of a country township, enjoying the peace and tranquility once more of open spaces, trees, birds, mists, beautiful red soil among the cane fields and room to breath.

In our early days of marriage (we have been married forty years), we built our own home, a fibro one, and I grew vegies for the five children, as well as making all their clothes. Ever tried making a school tunic from a pair of men's navy trousers? Or a pair of undies from a flour bag? The transfer was first removed by dampening the design, then liberally sprinkling with soap powder and rolling up for twenty-four hours. I have cooked solely on a fuel stove, managed without electricity, and have done my ironing with Mrs. Potts, a flat iron with detachable handle.

In all honesty, I would not like to do it again, but would if I had to. The article on using chokoes for jam, chutney and bread, brings to mind our wartime recipe for the delicacy we called 'Mock Pears'. Peel and core chokoes, cook gently in sufficient water to cover, sugar to taste (we were not into honey as a sweetener then), add a few drops of cochineal to make a delicate pink and a drop or two of almond essence to take away the choko taste. Served with custard, it is quite a pleasant dish.

All power to you and Grass Roots. My youngest daughter is now an avid reader of the magazine.

**Muriel David,  
'Cheviot',  
South Isis Road,  
M/S 315 CHILDERS 4660.**

## Dear People,

For some time I have been trying without success to buy a copy of John Downes *Natural Tucker* published in 1978 by Hyland House Publishing Pty. Ltd., Melbourne. If anyone is willing to sell me a copy it would be greatly appreciated and I would be happy to pay for the book and postage.

**Margaret Ridgway,  
R.M.B. 6899,  
ELDORADO 3746.**

# Feedback Link-Up Feedback

## Dear Fellow Readers,

Grass Roots is a very strong link in my yearning to return to country living. For two years I've been searching for a small farm with existing house in basic repair, 3 B.R., power and water, within 200 km of Brisbane, for a low rental in return for at least 5 year's lease. I'm hoping Grass Roots readers may be able to help with definite leads as I don't have ready access to transport.

We need to grow vegetables, fruit trees, have chickens and a house cow and would require a cold winter area. Being on a fixed income (supporting five children aged 13 years to 7 years) my need is rather urgent. I'd like to move by Christmas '82. I've been a station cook, shearer's cook, rouseabout and have excellent references with regard to rental of property, including references for painting and generally repairing houses we've lived in here in Brisbane.

**Marlea Guthrie,  
57 Broadway Street,  
BURANDA 4102.**

## Dear Grass Roots Readers,

My mother, daughter (11 months) and myself (23) are looking for some land (5 acres or more) on the south coast of N.S.W. The most we can afford is \$15,000. We'd appreciate hearing from anyone who knows of somewhere that sounds suitable.

In G.R. 29 Maree Williamson asked for recipes using rosehips. The only one I have is as follows:

### Rose Hip Jelly

Pick the ripe firm hips and simmer in enough water to cover. Don't boil. This process should go on until the hips are soft - anywhere from a half hour onwards. Then blend or put through a sieve, and finally strain through a fine muslin or cheese cloth to capture any pieces of fuzzy skin. For every pint of rose hip liquor add one pound of brown sugar and the juice of a lemon. Simmer again until jelly will form when liquid is dropped on a cold saucer. Seal into small jars.

I would love to hear from anyone who would care to write.

**Cheryl Bousfield,  
Yass Road,  
Tumorrana,  
via TUMUT 2720.**

## Dear Grass Roots People,

I see from time to time in Feedback, requests for reasonably cheap electricity generators. Some time in 1980 (the latter part I think) there was an article on an engineering firm in Tasmania who manufacture a virtually self-contained hydro-electricity generating plant. As we are living in a caravan at the moment, the cutting of same is in store with the rest of our furniture. Perhaps a letter to the *Weekly Times* in Melbourne, who printed the article could bring some results.

Also for the owner-builder, there is a very good publication *Soil Cement - It's Use in Building*, published by the United Nations and available from the United Nations Sales Section, New York, N.Y. The price is \$6.00 American and the wait is fairly long, but the book is worth it.

**Gordon Wright,  
17 Von Mueller Drive,  
RAWSON 3825.**

## Dear G.R. Readers,

Can anyone help? We're a young family looking for land on the N.S.W. south coast - ten acres minimum. We'd appreciate hearing from anyone with knowledge of the area, land prices especially. We can afford \$15,000.

**Stephen and Susan Sims,  
18 Kauat Avenue,  
CHITTAWAY SOUTH 2259.**

## Dear Folks,

We live in a Christian based community fifteen miles north of Adelaide at Salisbury in a very large old homestead on eight acres of land. We have a cow, chooks, ducks and a large vegie garden. We are

interested in simple lifestyle, sharing possessions, social justice, creative forms of work, residential and crisis care and we have an open house to visitors. We are wanting to know if there are any other Christian people wishing to live with us, sharing their faith and life. If so, please contact us at:

**House of the Rock,  
Box 51,  
SALISBURY 5108.  
Ph. 250-6313.**

## Dear Grass Roots,

Re Margaret Atkinson's article on peanuts in G.R. No. 29. She says that she has been unable to find growing instructions or obtain seed commercially. I bought seed from Diggers Seeds in Victoria and information on growing and harvesting is to be found in *The Australian Gardener's Guide to Growing Fruit*, by Pax Lindsay - an extremely useful little book.

**Ellisabeth Thorn,  
Lot 3  
East Kurrajong Road,  
Section 2,  
EAST KURRAJONG 2758.**



## Dear Grass Roots,

Just a note to reply and comment on some queries in Grass Roots - not that we have much expertise - far from it! We are 'fringe-dwellers' on the edge of the alternative lifestyle, however I guess every little bit counts.

Firstly to Gillian Leach who wrote querying land available in Newcastle. There are many small acreages available with the usual coastal, highly-developed area price tag. The most fertile areas are around here (Maitland). However watch for flood zonings, building restrictions, etc.

Secondly, Tina and Peter van Veen. We have had more success in hatching eggs by timing the incubation period carefully and then, two days before hatching date, either dip them in, or spray them with barely warm water to raise humidity. While you are at it, float the eggs. You can then save mum fowl some trouble by watching for any movement in the quietly floating egg. Movement in healthy eggs can be clearly seen. I know it's a bit late at this stage but it saves the bother of trying to keep mother hen sitting while some of the eggs have already hatched.

I absolutely sympathise with Lyne Rowe's comments on the difficulties associated with home grown produce. It seems unbelievable but I know many people who will not touch home grown vegetables, eggs or milk, even as a gift. It really is a problem.

I guess Shirley Svensson has been swamped with advice re baking with a wood stove. However here goes - place a good sprinkling of flour on a piece of paper. Bake for a few minutes. The degree of brownness of paper and flour will act as a guide to the heat of the oven. My mother always felt that you need a hot oven to start and then bake on a declining heat for cakes and biscuits. Bake on high heat for scones and bread.

Now a query. One of our goats (Anglo-Nubian cross) bore a somewhat premature kid which subsequently died before it could suckle. We managed to obtain only three litres a day from this doe. Would the premature birth affect lactation?

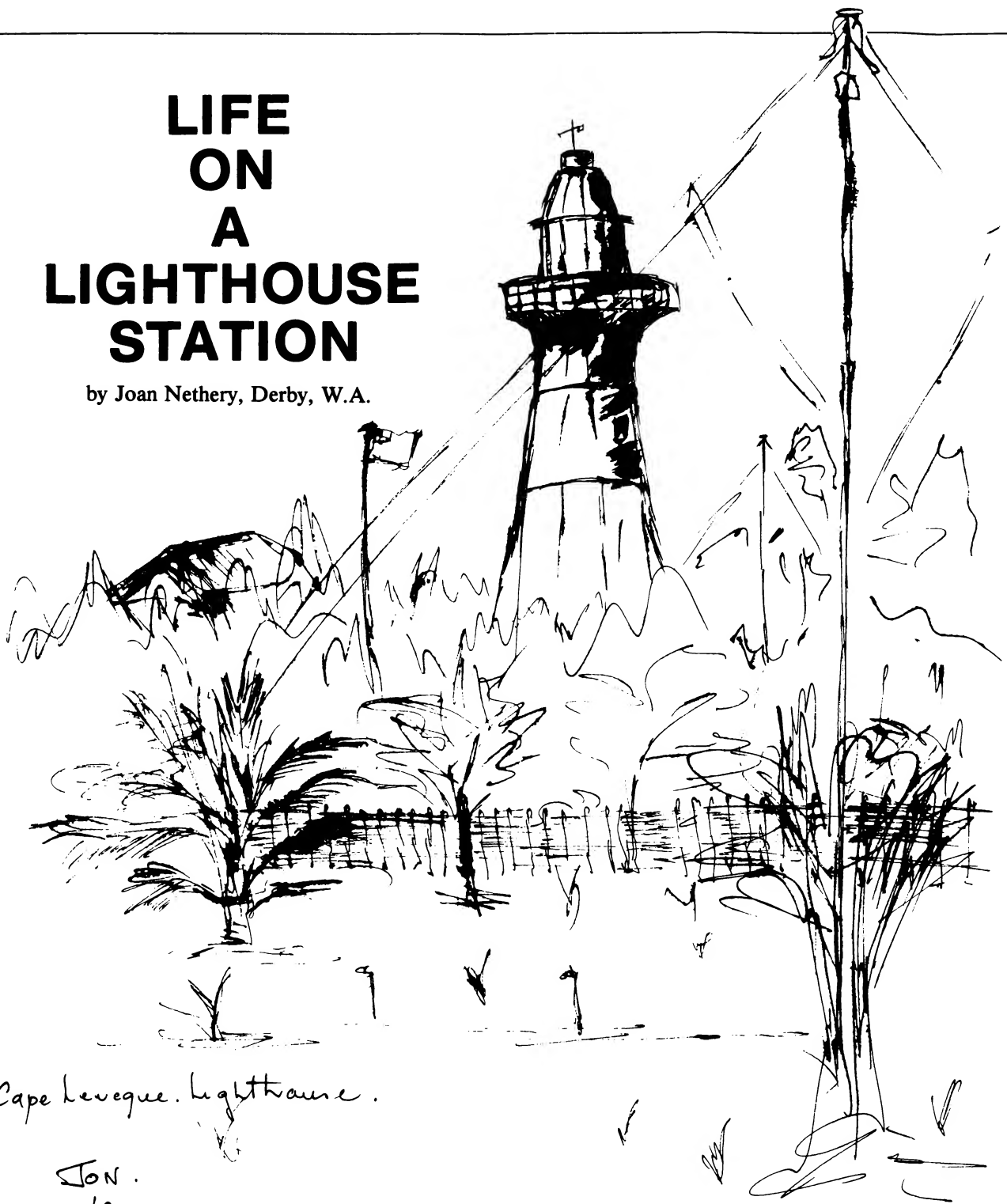
Lastly, I really enjoyed Ray Lee's letter about their mulberry tree. We have one which has all the life you describe. It is very old - it must have seen a great many people come and go as our house is almost 150 years old (at least in parts!).

**Marlanne Benson,  
67 Banks Street,  
EAST MAITLAND 2323.**



# LIFE ON A LIGHTHOUSE STATION

by Joan Nethery, Derby, W.A.



Cape Leveque. Lighthouse.

Joan.  
'80

It could be called romantic, at times, especially sitting on the patio under the coconut trees, looking over a tropical delight of gardens and green lawns. You can hear the ocean gently breaking on the sands, birds singing in the trees, a waterfall softly winding its way in the background, wind chimes ringing out their own songs with the breeze, endless views of deserted beaches and ocean, the scent of frangipani fills the air. Evening brings sunsets that range from soft pinks to brilliant orange and purple, three beams of light from the lighthouse roaming steadily over the ripples of the sea, a string of coloured lights flickering above us, country and western music playing softly, the smell of onions and steak on the barbecue and the tinkling of ice in tall glasses. It could be anywhere, but it is Cape Leveque, our own small world.

Cape Leveque is a lighthouse station some 200 kilometres from Broome in the North-west of Western Australia. We have been here just on three years, now, after making a move from Port Hedland where we lived and worked for nine years. My husband, Max, was a train driver for a mining company in Hedland. When we received the news that this paradise could be ours, most friends thought that we were 'troppo' moving to such isolation with our two children, Liza and Dean, who were seven and eleven. However, once they visited their minds quickly changed.

The move brought sudden changes to our lifestyle. First of all, we had to become used to overhead fans instead of a fully air-conditioned home. There were no shops handy, no newspapers or magazines, no take away food outlets. New challenges evolved like learning to organise bulk supplies of food, maintaining the level in the freezer, and laying foundations for some consumer independence. We set about establishing gardens for vegies, planting fruit trees, building chook houses and buying fowls from Perth. School correspondence lessons had to be supervised together with baking bread for a family which was present for three meals each day, with the four insatiable appetites turning up again regularly for morning and afternoon tea.

Disasters regularly occurred. Boxes of soft foods neatly put away on the pantry shelves were invaded by weevils. Two very large boxes of tissues and toilet paper were attacked by rats, cockroaches appeared in their thousands, and nasty snakes lurked in the gardens. Even the frogs were so noisy during the wet it was hard to hear yourself talk let alone think. Little did we know we would be isolated when the wet season caused flooded roads and closed our airstrip. However, we weathered it all and feel that to be employed and paid to live in this paradise is a bonus not to be exchanged.

Our days start early. The children attend One Arm Point school which is about 22 kilometres away. They both own a three-wheeler motor-bike and travel each day together. Dean is doing Grade 9 correspondence, supervised by the primary headmaster and Liza is in Grade 6. One Arm Point is an Aboriginal School, run by the Government. It is as airconditioned, adequately staffed, modern and up to date as any school in the city. It is surrounded by lawns and gardens with huge trees for shade. Each year the whole school travels 200 kilometres to Broome to attend the district school sports. The Bardi community truck is loaded before daylight and it's all aboard for Beagle Bay where breakfast is served by the side of the road. The next stop is Broome and the much awaited sports. The same trek is made back that evening with tired, happy children.

The children do suffer some disadvantages but there are many advantages to make up for it, like the wealth of knowledge learnt from the aboriginal community that surrounds us. Isolation has done wonders for them. They

are very capable, more mature, have learned to amuse themselves. They drive the vehicles and bikes, and have accepted the responsibility for the maintenance and cleaning of them. Max and I are thrilled as we also have three older children, aged 30, 27 and 24 and I seem to remember them growing up with fights and hassles that required sorting out. They also found it difficult to amuse themselves. Dean and Liza fill their days and evenings without supervision, without any squabbles. Maybe life here has helped, maybe isolation has its benefits — certainly to us as parents it is great.

Both children are interested in craft work. Liza handles clay very well and her hand work is excellent. She won a children's prize last year in the Boab Art Show at Derby. Dean's art work is very original and we trust he continues with it. However, he is an avid collector of army relics, finding weird and wonderful things from around the cliffs where army personnel were stationed during the war. His aim in life is to join the army. The children haunt the beaches collecting shells and have a large selection on display at home. They are both equipped with diving gear, too, but are not allowed to go diving by themselves — friends usually take them. I, personally, am happy to dangle a line in the water but Dad is happier with dry feet.

Max is the head lighthouse keeper and has an assistant, Leon Thomasian. Leon and his wife, Trish, are newly married and have no children. Our youngsters spend many enjoyable hours with them as they are the same age as their older brothers and sister. Max and Leon are responsible for the upkeep of the station buildings, gardens and lawns, maintain our roads and airstrip. They also take weather readings on a three hourly shift basis during the wet and from 6 a.m. to 6 p.m. during the dry. The weather reports are transmitted to Broome radio every three hours. The lights on Cape Leveque, Adel Island and Brouse, navigational aids for shipping and aircraft, are also monitored daily.

Cape Leveque has its own power house, serviced by three Lister motors, used alternately each day and checked morning and evening. The lighthouse is illuminated each evening and then turned off each morning.

A bore pump supplies us with ample water for gardens and lawns. We have radio/telephone contact direct with Perth, contact with the Royal Flying Doctor Service in Derby and a medical kit is supplied by them. At One Arm Point and Lombodina Mission, a Community Health sister is in attendance all the time and we have a doctor visit these communities bi-weekly. In an emergency, we can be evacuated from our own airstrip, except during the wet season.

As mentioned, Max is a keen gardener, growing all our vegies from February to November. We start picking in May with some crops carrying through until late November. During the most pleasant time of the year, when I should be doing my own thing, I am invaded with



Lunch on the patio surrounded by the tropical garden we created.

buckets of tomatoes, beans and other produce. This means hours of preparation and cooking of chutneys, pickles, and jams together with freezing for the next wet season. We manage to keep ourselves in vegies during that period, but have to start buying again until about May of the following year.

Our small plantation consists of about twenty-two bananas palms, twenty pineapples and dozens of pawpaws. We have also planted mangoes, nut trees and limes. Permanent patches of potatoes and onions grow all year round. (Sweet potatoes were \$4.75 a kilo in Perth).

Since the lighthouse was established seventy years ago, there have been no fruit trees planted, probably because of the shortage of water and the 200 goats that roamed the area. Nearby missions have enormous mango trees, and we have been lucky enough to be given boxes of them in season. I make pawpaw and mango chutney which is beaut.

We have created a tropical garden with beach rock surrounds. Max usually has a hand in all the hard work — digging, laying crazy paths and collecting rocks. We all find it a demanding job caring and watering everything with most weekends spent in the garden. I never seem to have enough hours in my day, as most other women find, I guess. Together with a large two storey home to keep

clean, patio and garden to care for, meals to prepare and a never ending run of visitors I try to fit in some macrame, drawings, painting and, of course, my pottery.

Max and myself both 'pot' and have just had our first exhibition in Derby, assisted by the Kimberley Shire. Derby has a beautiful cultural centre suited to any display of art work, and managed by an extremely devoted lady. We were both thrilled at the success of our first show and look forward to another later in the year.

I will enter a piece of clay sculpture in this year's Boab Festival Art Prize. I have loads of ideas and the theme is already selected. We have built our own kiln, quite a large one, fired by diesel fuel, with vacuum cleaners for blowers but we're having an industrial blower modified which will make firing easier. There are two pottery wheels and clay is ordered in bulk from Perth. We intend building a salt-fired kiln this year, this is easier to fire and produces terrific results.

To readers, this probably sounds like a paradise. It is, but much of it is the result of plain hard work. We have created a garden, dug weeds from the extensive lawns, planted grass, grown and planted twenty five coconut trees, laid the patio and pathways and carted loads of beach rock, driftwood and compost to fill the garden beds. We have been rewarded for our labours with eggs and fish



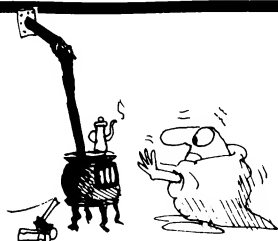
each day and vegies most of the year, but will never be entirely self-sufficient. We will still require our bulk orders from Perth on the lighthouse ship that supplies us about twice a year, and the meat and everyday food delivered each fortnight by the mail plane.

I have freezers full of vegies, shelves full of preserves, chutney and jam. A wool basket full of ironing, cupboards to sort out, sewing, loads of letters to answer, cheque book to balance (after seven weeks of holidays), walls to wallpaper, kitchen to paint together with all those other

things I want to do. There are not enough hours to fit it all in.

Not to worry, tomorrow is another day — mail plane day — which means catching up on all the family news, followed sometimes by a barbeque and a few beers on the patio, our way of entertaining.

There is no hurry here, I always have tomorrow to catch up on all my unfinished chores. Life on a lighthouse station may not be not for some but is definitely a 'must' for this family.



# POT BELLIES Out In The Cold

by David Blewett, Adelaide, S.A.

Pot belly and other wood-fire stoves are becoming very popular for home heating as they utilise a natural, renewable source of energy. Unfortunately wood burning stoves are creating an increasing demand on what little is left of our native forests, notwithstanding the reported explosive potential of some stoves (Ziriuz July, 1981) and the air pollution they cause. ('...the wood burning stove is one of the most highly and most dangerously polluting devices known to man. Not only is the banal electric fire superior, it is superior in every respect.' New Scientist 13.11.81). In fact, the more efficient the stove i.e. the longer the fire will burn at lower temperatures, the more pollution it creates.

One of the serious consequences of the wood fuel movement is the further pressure to clear what little is left of our native forests. Eastern seaboard residents may be a little blasé about all their timber, but vast acreages of Australian forests are no longer bush but vast eucalypt woodlots with very little understory or intact ecology. The upsurge in the use of wood fuel stoves comes at a time when the problems associated with the vast program of forest clearing that has occurred in Australia are becoming apparent. This is coincident with the back-to-nature movement and of wood stove dumping from eastern Europe and North America. In some cases, the spread of these devices has been legally curtailed because of the pollution factor. Wood fuel stoves cannot be used with impunity until, at least, the wood burnt has been grown by the burner, not cut or scrounged from forests or building sites and replaced by spasmodic and ineffectual tree planting. With the Australian Year of the Tree, 1982, upon us, perhaps we could bring the rate of tree planting and nurture in line with the rapid rate of wood consumption. Perhaps 1,000 trees planted for every hour of timber burnt; even ten would be a realistic start.

Other writers may wish to comment on such thoughts as timber being used for a purpose lasting at least as long

as the tree has taken to grow, timbers which are least polluting in burning, sawdust burners, a consumer's index of wood stoves and alternatives to wood fuel heating - energy efficient house design, warmer clothes and acclimatization.

Wood stoves are generally more efficient space heaters than the old open fire, yet the consequences of air pollution and forest devastation do not seem to balance the gain in transitory warmth or mystical attraction. A good maxim is to burn only that wood which has been grown yourself.

Perhaps we, who profess a kindness towards the earth, should take a better account of our energy sums.



## HEALTH AND HEALING

Edited by Maurice Finkel

Australia's New Alternative Health Journal

4 issues - \$8.00 Aust. \$10.00 Overseas

Books by Maurice Finkel

*Slimming! Get Well While Losing Weight* \$8.95 p.p.

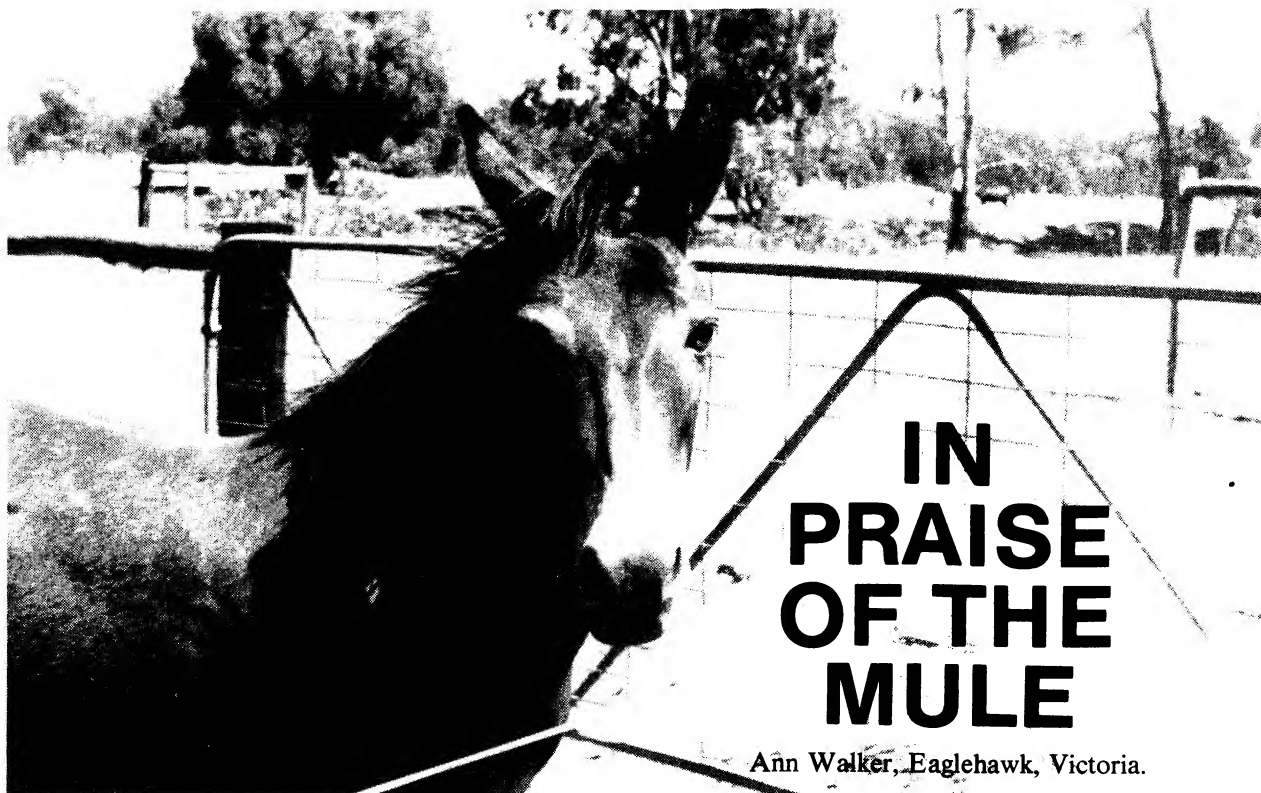
*Good Food Good Health* \$5.95 p.p.

*Fresh Hope in Cancer* \$10.95 p.p.

(Add \$2.00 for overseas)

M. Finkel, P.O. Box 300, BUNINYONG 3357.

Webbs Hill Road, Buninyong 3357.



# IN PRAISE OF THE MULE

Ann Walker, Eaglehawk, Victoria.

The mule is a unique and misunderstood animal. It is unique because it is a true hybrid. That is it is produced by the mating together of two different creatures, the horse and the donkey — it is not the result of crossing two different breeds within the same species.

Theoretically it should be impossible to breed a mule because the donkey and the horse each carry a different number of chromosomes which means that the two species should not be able to produce live offspring. But they can and they have done so for thousands of years.

However, mules themselves are sterile, both males and females. This does not mean they are abnormal sexually, merely that they cannot reproduce. Most mare mules come in season regularly and are quite willing to be served by either a horse or donkey stallion. Males, if left un-castrated will develop tremendous libido and sex-drive and for this reason it is essential that they should be castrated when young if they are intended for work. It has been said, possibly with some truth, that there is not a more dangerous and useless creature alive than an un-castrated male mule. Dangerous because of his strength and virility, useless because of his infertility.

One very practical use however, has been found for male mules in large horse studs. They are used as 'teasers'. They can in fact, be allowed to run with a band of mares at pasture and will show at once which mare is in season by serving her, but will not get them in foal.

Mare mules often display a strong maternal urge, alas forever doomed to frustration, which will lead them to try and 'steal' other mares' foals and even come into milk with

the proximity of foals. It is possibly this thwarted maternal instinct in the female mule that makes her such a wonderful and devoted companion to an owner whom she both loves and trusts.

I have such a little mare mule, Pepita. I have had her for many years, in fact I purchased her as an untrained four-year-old from her breeder. She is only twelve hands high, out of a part Exmoor — part Welsh pony mare. She is intelligent, strong-willed, kind, gentle and above all affectionate, showing much the same devotion and friendship to me as the average dog. Though I speak of her as 'my' mule I quite often feel that in her mind I am 'her' person, a kind of superior sort of offspring who needs, at times, to be looked after!

For many years I have seldom ridden anything else but Pepita — for one reason she is very annoyed and hurt if I do and I find her the perfect mount for a 'middle-aged Mum' who merely wants to potter for pleasure these days. Her smooth gait is delightful as is the way she responds to verbal commands.

The mule, being a 'man-made' animal can virtually be 'tailor-made' to any need. Large donkey jacks mated to large draft mares produce mules that are immensely powerful. The mule, pound for pound, is stronger than either of its progenitors as apart from natural hybrid vigour, it gets the strong shoulders and neck of the donkey and the strong hind-quarters of the horse. To produce top quality riding animals, good saddle mares 13-15 hands high are ideal. The jack should be in the 12-13 hands height range with good bone, stylish appearance and move

well under saddle. Small jacks mated to small pony mares or Shetland mares produce 'mini mules' which are the perfect small harness animal, fast, strong and tough.

Mules, with their independent spirit and great intelligence, usually far higher than either the horse or the donkey, are not easy to train but once trained are quite remarkable and well worth all the trouble. It is essential to achieve the right relationship with a mule. He must, above all, respect his handler and he will not respect a bully. The mule who both loves and respects the person he works with will go through hell and high water for that person. Mules tend to be one person animals and will do that bit more for the person they consider has earned their love and respect than they will for other people.

Their intelligence and their memory is often likened to that of the elephant, as is their working ability. They are usually as tough as an ox and as sure-footed as a mountain goat, qualities that make them admirably suited for the fast-growing equestrian sport of endurance riding. Here in Australia one mule has already made a name for herself in that exacting field.

Juanita, a little mare mule owned by Patsie Sinfield has competed in, and completed, the tough Quilty 100 Mile Endurance Ride twice — the only mule in Australia to do so. She has carried Patsie over many more than 1,000 miles of endurance riding, never being vetted out once, winning many belt buckles and trophies for her including one on a recent 250 mile ride over a period of five days for the animal in the best condition and performing the best throughout the ride. Juanita is only 14 hands high and is usually competing against horses bigger than herself. What is more, her good sense and sagacity as well as her sure-footedness coupled with her affection for

her owner/rider has given Patsie more than a thousand miles of safe riding.

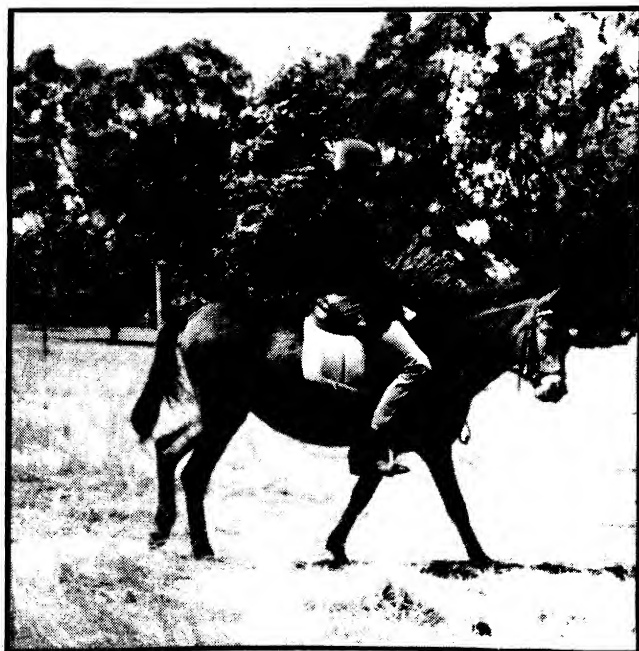
Small mules bred out of tough little pony mares, are incredibly strong and hardy and capable of doing a good day's work in harness or under packs. They are also excellent saddle animals but their strength of personality and intelligence often means that they are more than a match for the average child!

The mule proper is bred by serving a horse or pony mare with a donkey jack. The hinny is the same cross reversed — a horse or pony stallion over a donkey jenny.


Over the last ten years the mule has leapt to the fore as a pleasure animal *par excellence* in the United States. His comeback in Australia has not been so dramatic but nevertheless the mule's popularity is steadily increasing, mostly with people who love the donkey and its unique personality but who also love horses — in the mule they hope to find both in one animal. They usually do, plus the certain something extra that is uniquely mule!

Bendigo has the only mule club in Australia and Bendigo show, which has mule classes in its schedule, had no less than five top quality mules entered and on the ground last year (1981).

Literature on mules is about as rare as hen's teeth with most mule books published in the U.S.A., but mule lovers in Australia are catered for by *Broomtail*, the quarterly magazine for donkey and mule lovers which is available on subscription for \$5 per year posted. *Broomtail* also published the book, *Donkeys, Ponies & Mules — Their Care & Training* available from the magazine for \$3.50 post free, Broomtail Magazine, R.S.D., Eaglehawk 3556.



Sabrina, our mule, goes through her paces.



**HANDMADE  
BOOTS AND SHOES**

Have now moved.

For new illustrated catalogue containing  
photographs and additional styles, please  
send s.s.a.e. to:

**Tony and Heather Summers,  
CARLISLE RIVER, Vic. 3249.**

Phone 052-350-218.

Please enclose \$1.00 if you would like leather colour  
samples.

**EARTHWORMS FOR SALE**



**Please see Unclassifieds for details.**

# JUICE USE

Penny Hemphill, Sydney N.S.W.

Have you studied your tongue lately? In fact, when was the last time you took a really good look at yourself in the mirror? If your tongue is coated, your eyes cloudy, your skin blotchy or your complexion pallid, you may be long overdue for a little bodily spring cleaning. How do you feel? A little down, lacking in energy . . . somewhere along the line, something in your body is missing out on some vital nutrients. There is no need to panic and rush off to your family general practitioner, your cure is as close to you as your garden or the nearest greengrocer.

The juices of fresh fruit and vegetables are more than just delicious drinks. They are body cleansers, body builders, beautifiers, energy-givers, and cures for all sorts of diseases.

Supplement your daily diet with a pint of fresh raw vegetable or fruit juice and you will notice a remarkable difference. Juices are a natural way to enhance your health and thus your beauty. Even the best of make-up can't cover up a face which says the system it belongs to is suffering from malnutrition. Nobody looks better than the person who is obviously radiant in health and vitality. Sparkling clear eyes, soft, fresh-looking complexion and mouth corners which turn up instead of down. Much of the malaise and depression around today is the result of a sluggish system. Fresh air, exercise, fresh juices and a wholesome diet is the only way to keep you looking and feeling the way you should.

## JUICES FOR HEALTH

It is unfortunate today that people are victims of commercial gain. Many are brainwashed by advertising on television and radio to bypass life-giving qualities in food in favour of colour and taste. Cakes, biscuits, chocolates, white flour products, chips, hamburgers, tea, coffee the list is endless, but sadly our health is not. We can withstand so much abuse but then our bodies get clogged up with waste and poisoned with toxins and hey presto, sickness sets in.

Additives, preservatives, manufactured chemicals . . . none are natural to the body and neither is cooked food, stale food and devitalised products. If you have to cook, steam instead of boil and try not to fry.

Juices help to flush out your system while nourishing it at the same time. While food takes a few hours to digest, juices can be digested and assimilated in minutes and with a minimum of exertion on behalf of the digestive system.

This way your body gets better, faster. The more juices you can drink each day the better but it is best to start off gently as the cleansing reaction can be quite severe. Pains may occur in an area where cleansing is happening and there may be an inclination to vomit. But there is no cause for concern . . . only rejoicing as you realise you are freeing your system.

It is common sense when trying to cure some ailment through juice therapy to completely abstain from starches and other devitalized products. Supplement your juice

diet with fresh, raw, organic fruit and vegetables.

## JUICING

It may be one thing to squeeze the juice from an orange or a lemon or even a pineapple, but to extract juice from a potato, carrot or beetroot is a completely different matter. One can try bashing the fruit or vegetable to a pulp and then extracting the juice through cheesecloth. Juicy fruits and vegetables (grapes, tomatoes, lemons, oranges, grapefruit etc.) can be cut into small segments and squeezed in a piece of cheesecloth, and the orange squeezer found in most homes is perfect for the citrus fruits. By grating a carrot down to soft mush and squeezing it through a piece of cheesecloth you can extract a reasonable amount of juice, but for the busy, modern urban dweller time is the limiting factor.

The best way to extract juice is through a triturator and a hydraulic press. With these devices one can obtain the purest and highest quality juices, free from poisonous chemicals and rich in life-giving enzymes and minerals.

As most people are never likely to own such devices, one can turn to the next best thing invented by our technological kitchen whizzes — the juice extractor. Hand-operated and electric are both effective in obtaining good quality juices, but stay away from blenders.

The modern blender may be good for whipping up yoghurt shakes, powdered milk, egg flips and so on but it is definitely not practical for extracting fresh, raw vital juices. All it does is whip the food into a pulp — which retains all the toxic and poisonous chemicals which are used today in insecticides and other sprays in an effort to help preserve the fruit or vegetables, and make them look colourful and tempting.

The idea is to extract the juice from its fibres and thereby eliminate a serious health hazard.

Here are a few juicing hints to keep in mind:

1. Remove all dirt and spray from vegetables before juicing. Use small stiff brush and wash thoroughly.
2. Add one teaspoon of salt to water to ensure complete removal of insects. Rinse again in clear water to remove salt.
3. Remove black or diseased portions.
4. Use a damp cloth to wipe the spray from apples, tomatoes and other fruits.
5. Remove stones from all stone fruits.
6. Remove grapes from stem.



7. Never mix grapes with any other food or juice.
8. Always put the peel and core of fruit through the extractor as well; it contains nutritive value.
9. One teaspoon of grated orange peel will enhance the flavour and hence the palatability. So will a touch of orange or lemon juice.
10. A little orange or pineapple juice will help preserve the colour of cut apple, pear, carrot or beet.
11. Carrots and other hard roots are best grated down to a soft mush first and then put through the extractor twice. The richest mineral elements come out with the last drops of the toughest fibres.
12. Never peel carrots. The most valuable elements lie just beneath the skin. The same goes for potatoes.
13. Do not heat juices. Heating immediately destroys Vitamin C and other important components.
14. Never store juices. Juices should be taken as soon as possible after they are made. Definitely within the same day. If kept standing too long the vital force will be lost.
15. Always keep your extractor clean. Wash under a hot tap after use and stand to dry.
16. Finally — never gulp your juices. They are a food and should be taken slowly, almost as if they are being chewed.

Choosing the type of fruit and vegetables to use is of paramount importance. They must, above all, be fresh. Decaying vegetables have no vitamins and to consume stale foods is just a waste of time. It is preferable to cut the plants from your garden just before use as it is then that they still contain active chlorophyll. An hour after cutting, this life-force stops and the leaves begin to wither and decay. If you don't have a garden, the next best thing is a friendly greengrocer who is a reliable source of fresh fruit and vegetables. Where possible, instead of stocking up for a week, pay him daily visits.

It is a common mistake for most people to toss out the outer leaves of the lettuce and the tops of celery. These top halves and outer leaves have been directly exposed to the sun and therefore contain more life-giving elements (especially the blood purifier vitamin C) than the inner leaves. Stay away from badly bruised vegetables and fruit. Choose firm, crisp foods. Avoid fruits that are gritty, bitter, unripe, over-ripe or mushy. And avoid stored fruit. Fruits which have been stored too long lose much of their juice and their vital elements.

### JUICES FOR BEAUTY

By drinking plenty of cleansing, blood-purifying juices your skin tone and overall look of vitality will be greatly enhanced. Gone will be the pallor of yesterday and the malaise of the day before. You can't help noticing the beneficial effects of the nourishment of your cells and system. As well as taken internally to bring out the best in you, juices are handy as natural beauty products.

Why go to all the expense of using chemically-loaded commercial deodorants when nature's own deodorizer can be just as effective. All green vegetables, and in

particular dark green vegetables like spinach, parsley, watercress and beet tops, are all high in chlorophyll which helps eliminate body odours. Drinking both water and juices helps by flushing the system and eliminating stored toxins, but, don't forget the skin is one of the most important elimination areas and to sweat is natural and healthy.

Bad breath is all too often a sign of waste build-up and a poisoned system e.g. perhaps the liver is overworked and not functioning as well as it should. Alfalfa sprout juice with carrot or lettuce juice is a first rate internal cleanser which helps resist disease and keeps you looking younger longer because of its minerals and elements. Unsweetened apple juice is a wonderful breath sweetening drink when rinsed through the mouth.

Half a daily glass of spinach juice, which is high in Vitamin A and chlorophyll, will cleanse and regenerate the intestinal tract and is most effective in even the most stubborn cases of constipation. As retention of waste matter causes blemishes, a dull complexion and illness, spinach juice becomes a most important drink. It is also good for the teeth and gums and when combined with carrot juice, prevents the gum disease pyorrhoea.

Organically grown raw potato juice is also good for skin blemishes and eczema.

Carrot juice (high in Vitamin B and A) is wonderful for the skin. It purifies the blood, removes toxins and clears the skin of impurities. Acne and pimples are the body's way of eliminating wastes through the pores of the skin. If you do not want pimples, change your diet. Half a glass of carrot juice combined with a quarter of a glass of celery, parsley, watercress and peeled cucumber daily, will make your skin look alive. Cucumber, lettuce, carrot and alfalfa are also good for clear skin.

Here is a remarkable juice treatment to use everyday for dry skin: mash a teaspoon of fresh avocado, add one or two drops of apple cider vinegar, one quarter teaspoon of an acidic fruit (like a lemon) or half a teaspoon of strawberry, apple or grape juice. Pat the mixture gently over your face and leave to dry for 20 minutes. Wash off with tepid water and pat dry with a soft cloth.

The best advice for people with oily skin is to cut out junk foods and greasy fried foods, tea, coffee, chocolate and other toxic foods had better go as well. Start each day with a fresh lemon juice in a glass of warm or cold water and drink plenty of fluids (water, juices and herbal teas) to help keep the system clean.

Lemon juice, renowned for its benefits in times of coughs and colds, is also an effective hair bleacher. Dab the juice on your hair and sit in the sun for a while.

To help prevent wrinkles try a daily drink of orange juice. Orange juice is high in Vitamin C which helps keep collagen elastic and strong. Vitamin C deficient collagen is responsible for early wrinkles.

Try this pineapple juice facial from Dian Buchman: take half a cup of juice and three tablespoons of honey.

Clean the face and pat warm honey all over the face and neck except directly under the eyes. Apply a complete layer of pineapple juice. Allow to dry and add more honey. Pineapple juice and a final layer of honey should come next. Lie down for 20 minutes, preferably with your head lower than your feet. Allow the mask to harden and then wash off with a soft cloth and warm water. Your face will be glowing. Close the pores with a mild astringent of rose water.

Pineapple juice soaks are good for the nails and reducing callouses.

Fresh cucumber juices prevent split nails and hair. To promote hair growth try a daily combination of cucumber, lettuce, carrot and spinach.

### JUICES FOR BREAKFAST

The idea of having fresh orange juice for breakfast has been passed down through the ages from generation to generation. Today most people seem to ignore this simple breakfast preparation and induce their stomachs to such disasters as a rushed cup of hot coffee or tea with toast. Commercial cereals are not much better. A fresh juice first thing in the morning helps eliminate food residue left over from the previous meal, neutralizes toxins, re-energizes the glands associated with the digestive organs, cleans the stomach and prepares the digestive tract for the first meal of the day. 'Breaking the fast' is exactly what breakfast should be, and toxic or heavy foods and beverages should be avoided at all costs. Especially good first thing in the morning are fresh orange, pineapple or apple juices. The juice of a lemon in a glass of warm water is also good. Raw fruit after the juice adds to the purifying effect; apples, pears, grapes, strawberries or peaches are best.

### JUICES FOR INSOMNIA

To induce sound and refreshing sleep try swapping that cup of hot cocoa or coffee for a fresh fruit or vegetable juice. Bombarding our bodies with the toxic elements in these drinks is definitely not the correct way to promote a sound sleep. Contrary to popular belief, a cup of caffeine-loaded hot cocoa before retiring is more likely to keep you awake.

Food only stimulates the body into action, resulting in a body that's not relaxed and rejuvenating while sleeping but working hard. And some people wonder why they don't feel refreshed in the morning.

Food should be taken at least four hours before retiring. Juices, on the other hand, pass through the alimentary tract in about 15 minutes, cause no disturbance and use little effort. They have a soothing effect on the nervous system and induce relaxation of the vital organs. Grape, apple, celery, lettuce, or spinach are best for this purpose.

### JUICES FOR STRESS

All fruit and vegetable juices can be quick pick-me-ups in times of exhaustion or stress. These are times when the body is drained and needs replenishment fast. When you

begin to understand the make-up of fresh fruit and vegetables i.e. vitamins, minerals, enzymes, etc. and their relation to the body e.g. the glands, etc. you will realise just how important a supplement the juices are to your daily diet. Cooked or devitalized foods contain no nutrients, oxygen, chlorophyll, enzymes or minerals, and a person whose diet is deficient in these things is surely going to be lacking in health and vitality. Try this health-giving drink from Leon Petulengro.

Gypsy Juice: mix equal proportions of celery, carrot and spinach juice. This drink is rich in potassium and contains a whole range of organic minerals and salts necessary for good health. Where possible it should be drunk every day.

### JUICES FOR HEAT

Drinking glasses of raw celery juice will help the body cope with the long hot Australian summer. Celery is high in sodium chloride and is thus the best food to help counteract the effects of extreme heat. As the juice is faster assimilated in the body, it is therefore better to drink than eat celery for lunch and think you are going to ward off sunstroke by sitting on the beach in the intense heat. By the time this small amount of eaten celery is digested and assimilated you would probably be overcome with heat.

### JUICES FOR REDUCING

Obesity is often due to the dysfunction of the glandular system. This in turn can be caused by poor eating habits and thus malnutrition. Glands are like anything else — if they are not fed properly they won't work properly. Lack of exercise and the habit of eating too many empty processed foods (which leads you to eating more because the still under-nourished system cries out 'hungry') adds to the problem.

Drinking juices is a first-rate way to tune up the body, stimulate the glands and get your whole metabolism working efficiently.

C.E. Clinkard, MBE, recommends the following juice combinations:

- \* Spinach and beetroot — equal portions of each, strained through cheesecloth. Add a small quantity of finely grated onion and take half a cup three times daily before meals.

- \* Cabbage and tomato — two parts tomato juice to one part cabbage. Add lemon juice to taste. Half cup three times daily.

- \* Carrot and spinach — four parts carrot to one of spinach. Drink one pint a day.

- \* Pineapple and grapefruit — use equal parts and drink half a cup three times a day.

- \* Carrot and lettuce — two parts of carrot to one of lettuce. One cupful three times daily.

These juices are specifically helpful because of their beneficial qualities. Spinach juice cleanses, reconstructs and regenerates the intestinal tract. Cabbage juice is also an excellent cleanser and is invaluable in reducing

excessive adipose tissue. Tomato juice is helpful in gland regulation and carrot juice normalises the metabolism of the entire system. Carrots are the richest source of Vitamin A which the body can assimilate quickly. The juice helps promote digestion and is a natural solvent of calcareous conditions. Pineapple juice regulates the glands and grapefruit juice is an intestinal cleanser. Lettuce, when combined with carrot juice, increases the

body's supply of iron — the most active cleanser in the human body and important to all organs to maintain proper functioning.

Reprinted with permission from Blackmores *Nature & Health* No.7 1979. Subscriptions are \$15.00 per year for four issues — from Nature & Health Australia, P.O. Box 258, Balgowlah 2093.

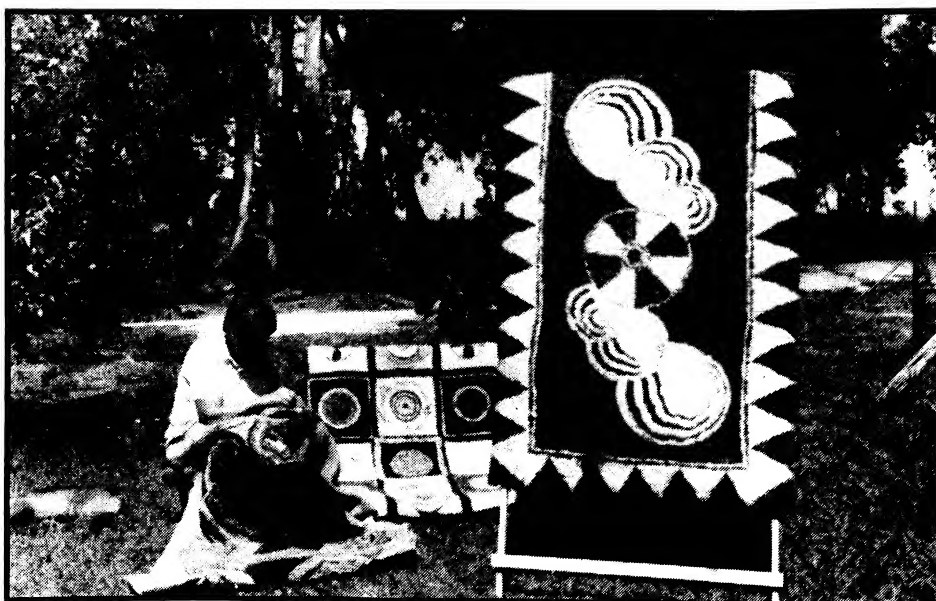
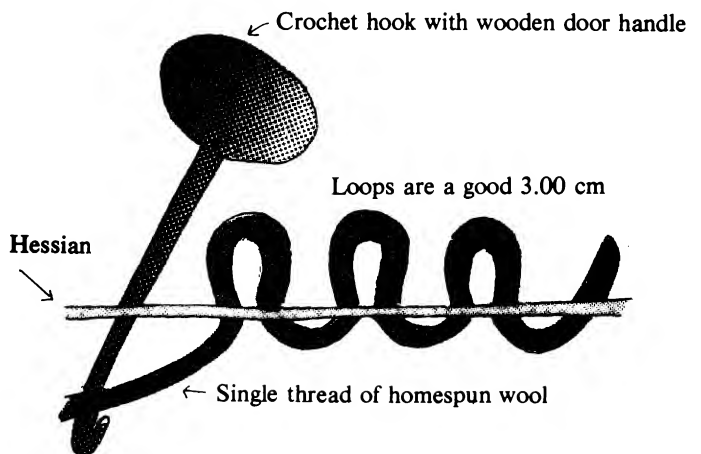
## Making Hooked Rugs

By Jean Clark, Meeniyan, Vic.

Would you like to know how I make my hooked rugs?

I use a crochet hook about size 3.00. My handyman reduced its length to about 9cm and glued it into a round wooden door knob so it is comfortable in the palm of my hand. Hessian from the manchester department is hemmed around the raw edges. I draw my designs on the front, leaving at least 5cm all around for final hem. I use a thick yarn, slightly over-spun single thread, washed first. Working from right to left, with wool underneath in left hand, I insert the hook and bring the end of the yarn through to the front. This end can be snipped later. There are no ends or loops on the back of the work, just rows of small stitches. About two spaces away, the hook is inserted again to bring through a good 3cm loop, using a flicking action to release the hook. This is continued to the end of the row, the end of the yarn brought to front and snipped off. It's best to practise straight rows first, then when you are experienced you can do wavy lines, circles and meander all over, but don't cross over from one direction to another. If you pack the loops close together, the hessian should not be visible from the front. The effect is a tight, thick, curly pile. I'm half way through my third

mat in two years (110cm by 180cm) and work on them only during the long winter nights. I taught myself to spin the clean washed fleece on a stick and it's a very relaxing way to spin, curled up in a chair with my feet up. I would not change places with a king or queen or anybody.



Hooked rugs need not be drab, as these examples by Jean Clark indicate.

# 1982 - The Year

To make everyone aware of the value of the trees, the United Nations Association of Australia has declared the *Year Of The Tree* which will officially commence on United Nations World Environment Day, June 5, 1982 to coincide with International celebrations for the 10th Anniversary of the U.N. Conference on the Human Environment held in Stockholm.

This national campaign will launch the *Greening of Australia* which will establish ongoing reforestation and other planting programs throughout Australia by 1988 the Australian Bicentenary Year.

The *Greening of Australia* campaign will ensure that future Australians will have adequate plant cover for their ecological, economic and recreational needs by saving existing vegetation from unwarranted destruction and replanting as much as possible the two-thirds of our natural forested areas which have been cleared over the last 200 years.

The *Greening* emphasises not merely trees, but all growing things: the window box, community garden plots, school gardens, median strips, herb and vegetable gardens and trees and shrubs in our cities, towns and suburbs, on our farms and in our forests. All living plants make oxygen, reduce the flow of rainwater to the sea and provide havens for the Earth's living creatures. Let us ensure that Australia's Bicentennial celebrations are conducted in an appropriately *green* setting!

## Education For Children Of All Ages

The main objective of the *Year of the Tree* is to launch an imaginative and festive public awareness and education program aimed at schools and the community, to show the value of trees and the importance of the natural environment to our very survival; to teach reforestation techniques and their different applications and to foster an appreciation of our unique natural heritage. Community involvement will be encouraged in tree planting and maintenance projects as this will serve as an important educational experience where people can learn at first hand about trees and their local environment.

## Facts On World Forestry

1. Trees represent one of the most fundamental resources on the planet: for oxygen, water cycle control, food, timber, paper, soil conservation and so on.
2. Of the world's 12.15 billion hectares, 3.65 billion are desert.
3. During this year, 1982, throughout the world, trees are being felled at the rate of 14 hectares per minute.
4. Since 1950, the world has lost over half of its trees this being more than in the rest of man's history.
5. If logging is continued at the current rate, by the year 2000, 40% of the forests that remain will have been razed and the world's *per capita* growing stock of wood will be 47% less than now.
6. In the last 75 years, an estimated 475 billion tonnes of top soil have been lost to erosion. In the next 20 years, if the present trends are not reversed, many billions of tonnes will be lost, leading to desertification encroaching substantially on the arable zones of the world's food producing areas.
7. On a world average, in 1975, there was approximately four-fifths of an arable hectare per person. By the year 2000 it could be reduced to approximately one quarter of a hectare.
8. Studies show that for every tonne of timber harvested one and a half tonnes of carbon dioxide is absorbed and one tonne of oxygen released.



# Of The Tree

9. The dramatic reduction of the earth's green mantle by the year 2000 is one of the main factors that could contribute to a projected 30% increase in atmospheric carbon dioxide by that time.

10. Forests are the home for a myriad of different forms of life. With the loss of forests, important ecosystems and habitats are being irrevocably lost e.g. by the year 2000, 15-20% of the earth's total species of plants and animals now surviving will have become extinct. On average 25,000 species per year or 68 species per day.

Extracted mainly from Global 2000 Report to President Carter released in 1980 to the U.S. public.

## Why We Need A Year Of The Tree

Over the last 200 years, the Australian continent has been severely denuded of more than two-thirds of its forest cover. This massive deforestation has caused a number of serious environmental problems due to the effects on the land ecology, caused by the removal of an important life support system. Natural cycles have been interrupted resulting in desertification, erosion of top soil, river siltation, flooding, rising water tables, salinisation of land (all causing destruction of farmlands), loss of natural and sometimes rare ecology systems, atmospheric pollution, reduction in variety and size of habitat for preservation of wildlife and vegetation and devitalisation of the urban environment.

These effects have further repercussions depending on the extent of deforestation. Australia has only 5% of its land mass with tree cover. Inadequate forest cover can cause destabilisation of the natural environment. Eucalyptus dieback can be seen in this context, as it seriously threatens the survival of large scale forests and is spreading throughout rural and urban areas.

Reforestation programmes will be valuable in the rejuvenation of rural landscapes, habitat regeneration and urban revitalisation. It is then appropriate that a national event explore and promote this role of reforestation by the dedication of 1982/83 as *Year of the Tree* towards *Greening of Australia*.

Forests are a home for a myriad of different species of flora and fauna interacting in a delicate and intricately woven pattern. These ecosystems provide invaluable knowledge on evolutionary processes. Because of the range of climatic conditions in Australia and the long period of evolution a tremendous variety exists in the ecosystems and in the number of different species here which makes the wildlife and forests of Australia unique.

Australians are appreciating the native bush for these ecological and subjective reasons. This heritage is important to many who identify with the uniqueness of the Australian flora and fauna, such as the black Australian community. In a multicultural country the 'Bush' provides a positive symbol for Australians of different ethnic origins.

Cities need trees to reduce pollution and to insulate buildings against heat and cold. Their presence conserves energy.

Trees and forests have important functions in maintaining:

- a) Environment stability, biological and genetic diversity, habitat for wildlife, evolutionary records, wilderness areas, natural beauty and aesthetic appeal.
- b) Land viability for agricultural productivity, resources such as food, wood, honey, oil, paper, medicines, the suitability of the environment for human habitation via drainage, the provision of shade, shelter and privacy, use for recreation, tourism, study, relaxation and to maintain standards of purity in water and oxygen supply.
- c) Development of a national identity, cultural associations, recognition of significance, sensitivity to historical and heritage values and environmental awareness.

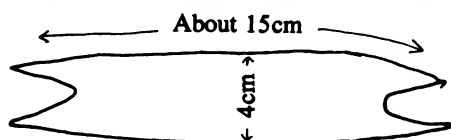
# SIMPLE WEAVING — Part One

By Rita Summers, Pioneer, Tas.

## A SMALL TABLE RUNNER OR BAG

### A. Materials needed:

- One piece of cardboard e.g. back of writing pad, part of food packet, pantihose packet etc. A good size is about 30cm by 20cm.
- Odd balls of wool yarn.
- Large needle (optional) OR a shuttle. This can be made by cutting this shape out of an ice-cream tin lid or any other firm plastic:



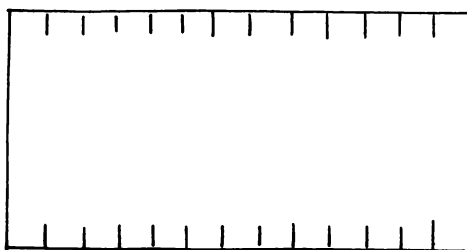
Wrap the wool around it like this:



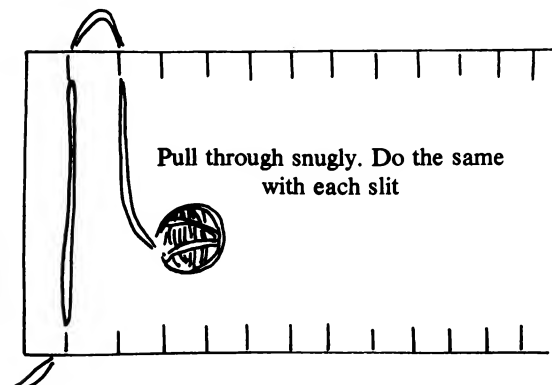
- A wide-toothed comb or a kitchen fork.

### B. Method:

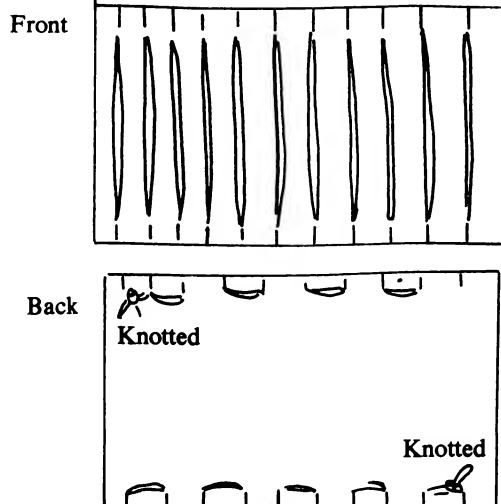
- Cut slits on the two long edges of the cardboard about 2cm apart. Slits should be opposite each other and about 1.5cm long.



- Warp: this is the foundation for the weaving. Thread the warp onto the cardboard like this:

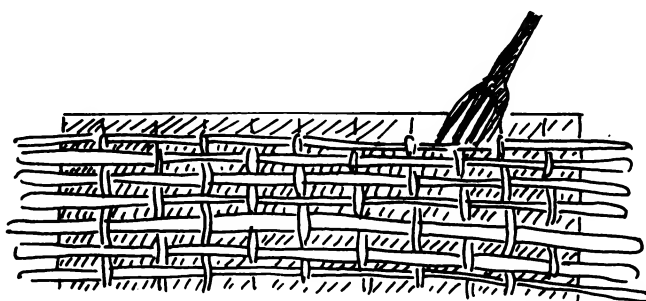


Finished warp:



- Weaving: the yarn woven under and over the warp is called the weft.

Cut wool into lengths slightly longer than the cardboard. First row — weave from right to left, going under, over, under, over the warp until the end. Second row — again weave from right to left, this time going over first, then under, over, etc. Repeat first and second rows until cardboard is covered. Ends of weft should hang evenly on each side, something like this :



Use the fork or comb to 'beat' push the weft firmly together, as shown.

Slip loops gently over notched edges. If desired, a zig-zag stitch can be machined down fringed sides for extra strength.

You now have your table mat!

However, if you would like to make a bag, just make another mat like you have just made and sew the two together on three sides. Add a zip and /or a plaited or twisted handle, plus tassels if you wish.

# THE WWOOF STORY

Every organic farmer I have ever spoken to admits that he suffers from one great shortage — labour. Almost by definition, organic farming is more labour intensive than chemical farming, and the shortage of money from which most new farmers suffer, prevents the employment of labour on a regular basis. Since harvesting is the only seasonal job which also provides the money to pay any wages, this means that the other seasonal tasks of preparing soil, sowing, weeding, mulching and composting are thrown back onto the shoulders of the farmer and his/her family. Enter WWOOF. Willing Workers On Organic Farms started operation in Australia as an agency to bring together people who wish to gain experience working on farms either as a change from their urban existence or as a means of effecting their own move back to the land, and the abovementioned farmers. The basis of exchange is friendship and helpfulness whereby work, essentially hand and full time (at least for a weekend visit) is given in return for food and accommodation and the chance to learn something of organic methods. There are no fixed rules as to hours of work etc. and clearly the work commitment for a three week stay, for instance, would be less than that for a weekend. Similarly a balance would have to be achieved where the accommodation or food was brought by the helper and not provided by the farmer, or where young children are taken along, requiring someone to look after them. Given the friendly basis on which we operate, WWOOF feels there should be no difficulty in reaching agreement between helper and farmer in these areas.

## GROUPS

Many provincial universities and centres of higher education have faculties of Rural Studies, the students of which are required to be given some practical experience on as wide a variety of farms as is possible. For whatever reasons the administrators of these courses often have difficulty providing their students with either the desired number or the desired variety of such visits. I believe that WWOOF can offer a solution to the difficulties such administrators face, and at the same time expose their students to an organic approach to farming which may, perhaps, change their thinking a little, something which, according to a recent U.S.D.A. report may not be the bad thing it has often been portrayed as in the past.

Many local organic growers' societies around Australia have their members doing occasional work on a farm of another local member. The same scheme can widen the experience of such members by offering them a choice of farms in a wider geographic framework, and can do the same for their farm member by having him/her become a part of the WWOOF network and so attract workers from outside their own locality.

Environmental, ecological, conservational and permaculture groups, and perhaps many others too, pay lip service to the ideals of the organic movement realising that only in the wide scale adoption of organic growing methods can our rural environment hope to remain productive without wrecking what is left of the world's natural ecology. WWOOF's group membership scheme would allow these groups to do more than pay lip service to an ideal — they can actually get out there and help the organic movement to grow, with all the thinking, planning and paperwork done for them!

## PRIVATE MEMBERSHIP

Since it started in England ten years ago WWOOF, which in Australia stands for Willing Workers On Organic Farms, has tended to suffer from a shortage of helper members. In the U.K. there is a fairly steady ratio of 2,000 members to 200 farms, which, out of a population of 50 million is a small percentage indeed. Nevertheless, and all else being equal, Australia's 13 million people should yield up more support than the current level of 170 members to 60 farms! Since WWOOF started here only December 18 months ago, these figures are really not so bad as they would appear at first glance — and both are growing steadily. With its strong back to the land movement and judging by the constant stream of enquiries we get, it will only be a matter of a year or two before this branch of WWOOF finds itself with a steady level of about 100 farms to find helpers for — and there lies the crunch. In spite of the constant stream of letters which appear in the alternative press on the theme 'I live in the dirty old city and wish to work for my keep and experience on an organic farm before launching myself into the



WWOOFERS learning the art of blade shearing.

beautiful, clean country for good', it appears that many such letter writers are not prepared to back a voluntary, non-profit organisation which has been set up to enable them to do just that in the most convenient possible way. For a membership fee of \$8 per year WWOOF provides guidelines on what to take and what to do, a newsletter of organisational news and of happenings or items of interest within the organic movement, a work list which details rough location, accommodation type and numbers, whether or not a farm can take children, kind of meals they provide and a brief description of the farm, its activities and the jobs most likely to be offered, and we organise the bookings, ensuring that you have somewhere to go to at the time you wish to go. We also now include an indication of those farms which do not permit smoking in their dwelling, and it is a part of our philosophy that members refrain from using drugs or alcohol while 'wwoofing'. Farms vary in size from a 2 acre smallholding right up to a 2,000 acre sheep farm — accommodation varies from bringing your own tent, to a guest house bedroom, and our farm network stretches from Tassy to Cairns, with most in Victoria and the Sydney region (none yet in S.A. or W.A.)

There really is little information one can add to what appears here, but if you are interested in becoming a member or would like to receive our brochure and membership form, please contact WWOOF, 7 Duncan Avenue, Boronia 3155 (Ph. 03-729-3831 mornings only) indicating whether you are a farmer or a helper.

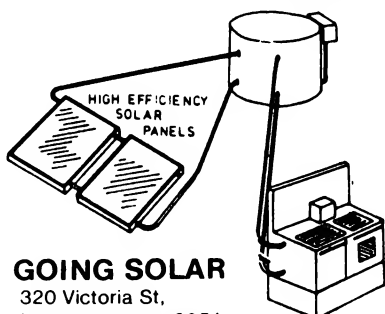
## THE AUSTRALASIAN SURVIVOR

### Alternative Technology

- Blacksmithing
- Breadmaking
- Filtering
- First Aid
- Food Drying
- Lighting
- Sharpening
- Water Storage/Purification

Magazine — free sample copy

P.O. BOX 11,  
DICKSON 2602.



### GOING SOLAR

320 Victoria St,  
Nth. Melbourne 3051  
(Between Peel and  
Capel Streets,  
Near Vic Market)  
(03) 328 4123

Books  
Beekeeping  
Bike Trailors  
Beasley Solahot  
Flour Mills  
Hunza Health Foods  
Lloyd's Grape Juice  
Mud Brick Moulds  
Spinning Wheels  
Seagrass Insulation  
Seeds, Tools, Plants  
Solar Electricity

# Building A Smokehouse

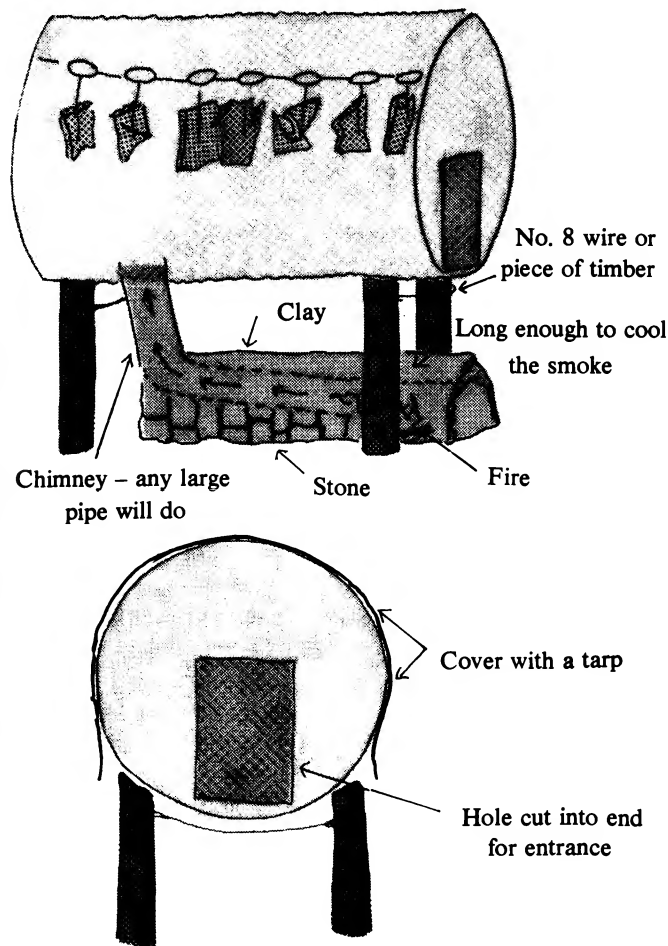
Mike Bredellet, Louisiana Station, via Cooktown, Qld.

So Rhonda Stafford wants to build a smokehouse.

The one we use at the station is a 1,000 gallon water tank placed on its side. Inside there are chains set up so that you can hang your salted beef on a little hook. The tank is set on four posts and we have an old tarp over the hole to steady the smoke.

You must have cool smoke and use smouldering wood. We use mangoes, tea tree and paperbark. The salted beef must be starting to dry with no brine running out. It can be two or three days old, and you can smoke it to suit your taste. The tank has been used for about fifty years. We use an open fire in all our camps and put the salt meat in the smoke.

I doubt if telling Grass Roots readers how to salt meat would be of any use. It's easy, but no-one would kill for rations on smallholdings — it's a lot of beef, enough for two people for four months and salted beef that is getting old is not everybody's cup of tea. Rhonda can write if she wishes to learn about salting.





# The Politics of Protein

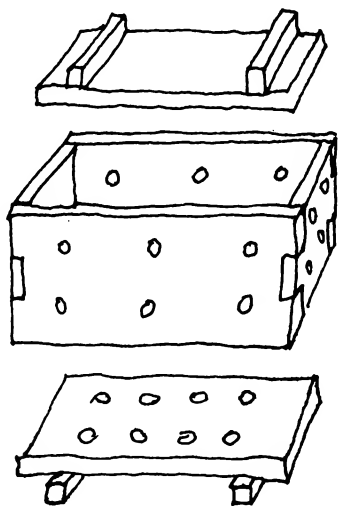
By John Seed, The Channon, N.S.W.

The word 'tofu' refers to many different soybean foods and readers who are interested are referred to the stunning *Book of Tofu*, where seven basic types of Japanese tofu are described along with many varieties from China, Taiwan and Korea. There are hundreds of delicious traditional Eastern and innovative Western recipes. According to ancient Chinese and Japanese references as well as according to popular tradition, the method for preparing both soymilk and tofu was discovered by a famous scholar and philosopher in about 164 B.C.

For the traditional tofu master, as for the traditional swordmaker or potter, tofu making was his spiritual practice, his Way. Each step of the process from stirring the steaming soymilk to pressing the delicate curds into firm cakes can be a meditation, a centering, and give one a deep sense of this noble ancient tradition.

Like its parent, soymilk, tofu contains high quality protein, no cholesterol and low calories. Because of its smooth texture and ability to absorb and complement other flavours, tofu is one of the most versatile forms of soybean. It can be deep fried, used in soups, stews and casseroles, sandwiches and spreads. Blended, it can be made into dips, sauces, cream pies or cheese cakes. Our favourite preparation remains, however, tofu fresh from being pressed — still warm — sprinkled with tamari.

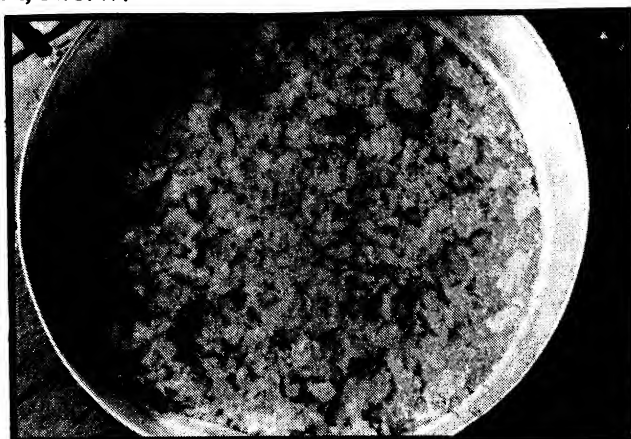
If you wish to make tofu, you will have to first make a press or settling container. Make sure that the hardwood you use is very smooth for ease of cleaning. The quicker all utensils that you use are washed, the easier they are to be cleaned.



Solidifier

Prepare the solidifier by combining 1 cup warm water with one of the following:-

1½-2 tsp nigari or



Soy curds floating in whey.



Curds ready for pressing.

1½-2 tsp epsom salts or

¼ cup vinegar or

¼ cup lemon juice

Nigari is the traditional solidifier and the one we prefer though as yet difficult to obtain in this country (try a large natural foods store). Nigari is the mineral-rich mother liquor that remains when salt is extracted from sea water. For anyone living near a clean sea-shore, the *Book of Tofu* gives a description of how to make your own nigari and also how to use sea water for the curding agent.

We make tofu in the manner we were taught on the Tennessee Farm.

## Recipe

Curding the soymilk. While the strained soymilk is fresh and hot (or, take your soymilk from the fridge and, stirring, heat to at least 185°), stir slowly with a wooden spoon with a circular motion and pour in half of the solidifier. Mix the solidifier in gently but thoroughly. Cover the pot. In a few minutes the tofu should start to have formed large white curds. Gently mix in the rest of

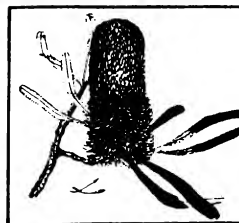
the solidifier or until there are large white curds floating in a clear yellow whey. If there is any milky liquid left, stir it gently into the whey. If the curds still haven't totally formed, try heating the mixture and if necessary, make up a little extra solidifier. Always stir cautiously to avoid breaking up the curds. When complete separation into white curds and clear yellow whey has taken place, you may press the tofu. If only a few curds form in lots of whey, either the solidifier was too strong or added too fast, or the beans may not have been ground fine enough.

Pressing the curds. Put your tofu press or colander into the sink and line with nylon tricot or curtain mesh leaving half of the cloth draped outside the press to later fold over the tofu. Cheesecloth will do but perishes quickly. Set the pot of curds and whey next to it. Place a large sieve or bamboo strainer into the pot and let it fill with whey. ladle the whey into a bowl until most of it is removed, then ladle the tofu into the press or colander, fold the remaining cloth over it and put on the lid (in the case of a colander, use a small plate). To press the tofu use a heavy weight that fits easily inside the press such as a jar of water or a clean rock or brick. Press for about half an hour. The longer you press, the firmer and drier the tofu. Remove the weight and lid. Fold back the cloth and put the lid back on top of the tofu. Turn it upside down so that the tofu is now sitting on the lid. Remove the press or colander and carefully peel off the cloth. Now slide the tofu into a bowl of cold water. It can be stored for up to a week in a container of water in the fridge, but is tastiest when fresh. The whey can be used to wash your equipment as it is a good natural detergent. It can also be used to clean hair or as a base for soups, stews or making bread.

The tofu may be eaten fresh from the press (our favourite) or fried, deep fried either as is or after being dipped in flour mixture or breadcrumbs. Tofu is extremely versatile. Experiment, or try some of the hundreds of recipes in the *Book of Tofu*.



Fresh white cakes of tofu.



**PUBLICATIONS ON NATIVE  
PLANTS, GARDENING, WILD  
FLOWERS, BOTANY ETC.**

Updated and comprehensive list.

30¢ stamp to:

**GATTON PLAZA  
NEWSAGENCY & BOOKSHOP**

Gatton Plaza Shopping Centre

GATTON 4343.

## The Shearin' Shed

SYDNEY  
FIBRE CRAFT  
CENTRE



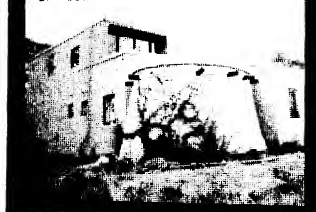
MAIL  
ORDER  
SPECIALITY

HANS DORBECKER

28 O'Connor St, Chippendale 2008 NSW. Ph: 699 7761

**THE  
OWNER  
BUILDER**  
MAGAZINE

Mudbrick News  
Why Build a House?  
Chinese Doors



**THE  
OWNER  
BUILDER**

Edited  
by  
John Archer

Issue No.3 out now

Subscription \$10 per year  
for four issues.

**THE OWNER-BUILDER MAGAZINE,  
P.O. Box 4036, MELBOURNE 3001.**

153 Hotham Street, E. Melbourne 3002.

# Low Cost Electric Fencing

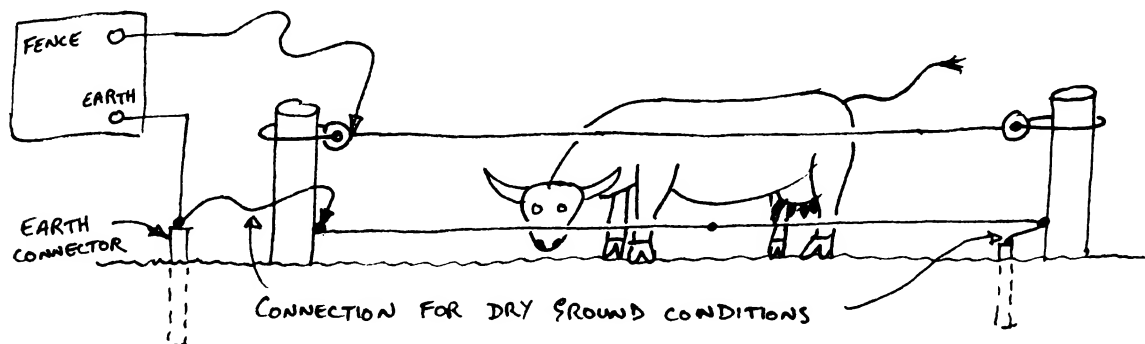
(With Some Do-It-Yourself Ideas)

By Andy Morton, Kyogle, N.S.W.

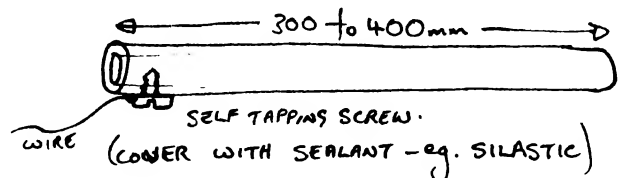
I have written this article to follow on from Nev Ackland's introductory article in G.R. 29. We have used electric fencing for two years with increasing levels of success. Most of our hard won experience is detailed within.

**Advantages:** cheap, quick to erect and dismantle, mobile. **Disadvantages:** high maintenance, high vulnerability to breakdown, safety aspect e.g. small children.

**Principles:** the charger unit produces a series of short, high voltage pulses (approx. 5000 v), spaced about one second apart. The system relies on the earth to provide part of the electric circuit — moist ground is a better conductor than dry.



Earthing points are easily constructed from lengths of  $\frac{3}{4}$  in diameter waterpipe.



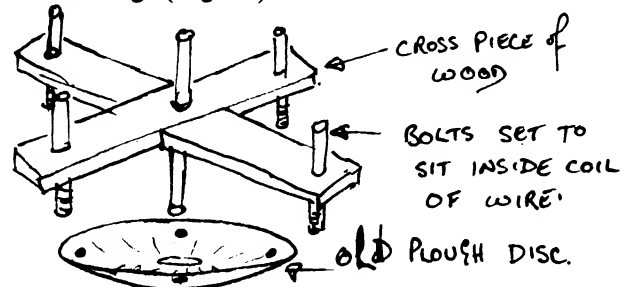
## Maximum Length of Fence

This is limited by the charger used. Usually a maximum length is recommended by the manufacturer. The more high powered the unit is, the longer the fence which can be energised.

## Elements of an Electric Fence

### Wire

Light gauge (approx. 16g) high tensile; 1500 metres per roll for approx. \$60. This wire tends to kink and break easily so a device to hold the wire whilst unrolling the coil is an advantage (Fig. 4a).



No electric current flows until some object (in this case the cow) completes the circuit path.

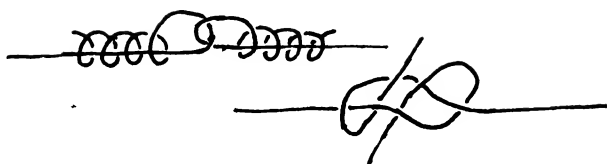
The cow feels the shock and withdraws, whereupon current ceases to flow again.

**Note.** Current flowing is below lethal levels.

## Earth Conductivity

As the above illustrates, moisture content of the ground is important. In places where the ground moisture is low (usually when the fence must be most effective!!) it is advisable to install earthing points every 100 metres or so along the fence. A bottom strand of wire at earth potential (see Fig. 1) facilitates this.

## Some joins:



Wire spacing is determined by the stock being controlled. As a general rule of thumb, the top wire should be at the same height as the chest of the tallest animal to be contained. Subsequent wires being set to chest height of other animals thus:

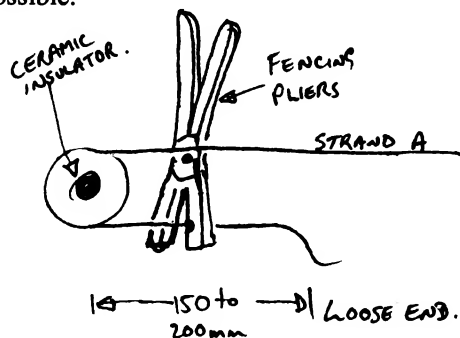
Cows and horses	650mm
Calves and foals	400mm
Sheep	500mm
Lambs	250mm
Pigs	400mm + 250mm

Goats are a special case and much care is needed for effective fencing. We have never kept goats but a friend who has recommends four wires with the second from the bottom being at earth potential (see earlier and Fig. 1) and second wire from the top at chest height. Goats have small hooves so their conductivity is poor.

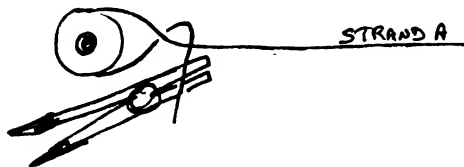
Straining need not be as tight as for conventional fences, so long as there is no appreciable sag in the wires.

A method using fencing pliers is described below:

- Grasp the loose end firmly with the pliers after first pulling the wire as tight as possible.



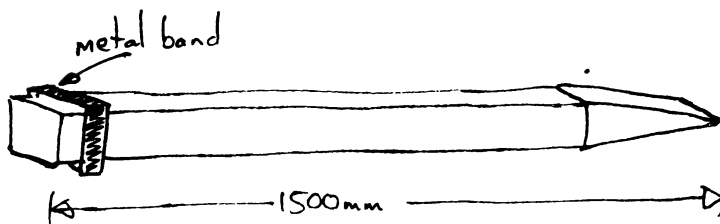
- Using plier handles as a lever over strand A, pull the loose end over strand A.



- Wrap loose end tightly around strand A a number of times.

## Posts

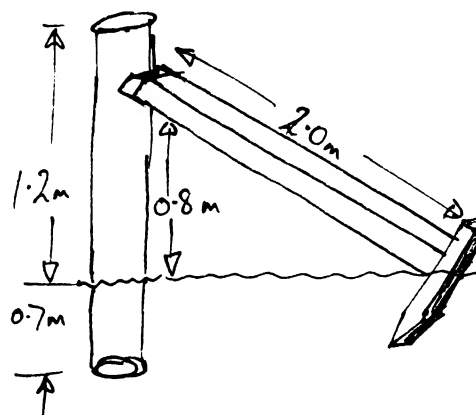
Cheapest type is made from 1.5m length of 2in by 1½in hardwood. One end is pointed, the other end should have a metal band around it. This type is limited by the number of times it can be pulled up and re-used — usually three or four times, depending on the ground. (The post will either splinter or split at the top or break off at ground level when pulling up). Creosote treatment will prolong the life of the post in the ground but is messy to handle. These posts can be made easily and cheaply if one has a small sawbench and can obtain a sling of third grade 2in by 1½in hardwood.



For portable fences e.g. strip grazing, steel posts are more durable but insulation is more critical. Old galvanised water pipe, ½in steel rod, etc. could be used.

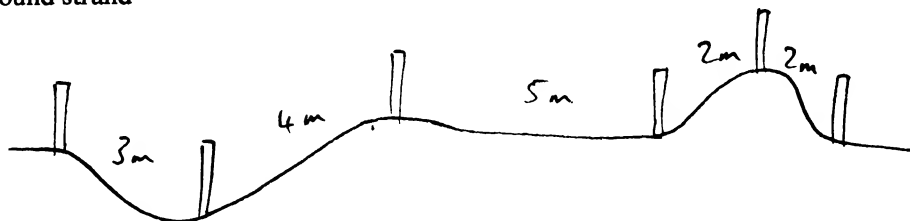
End and corner posts should be braced (Fig. 7b).

Spacing depends on terrain and can be anywhere from 2m to 7m (Fig. 7a).

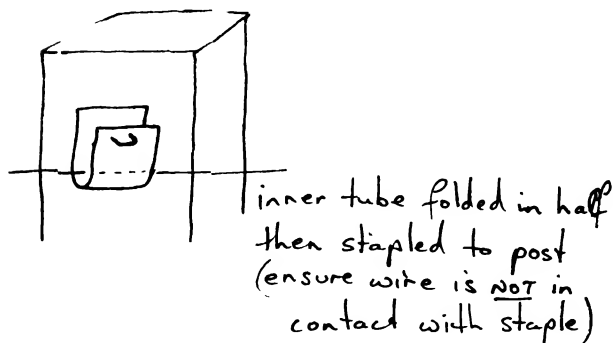
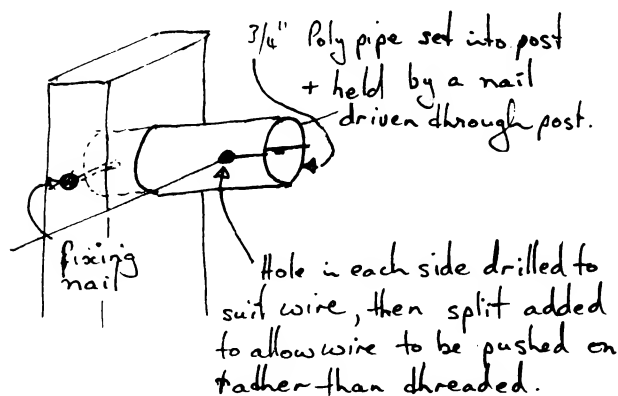
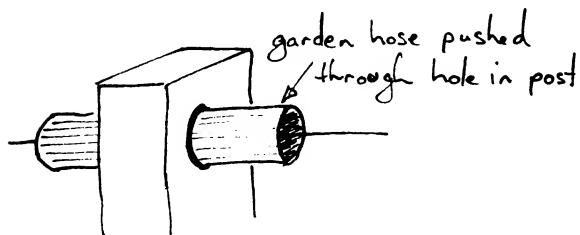
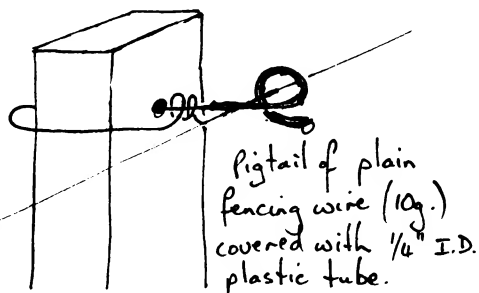


## Insulation

This is one of the key factors in effective electric fencing. Each point must be insulated where a live wire comes in contact (either directly or indirectly) with the ground. Effective materials include porcelain, plastic e.g. poly pipe and garden hose, rubber, e.g. innertube, glass e.g. bottles. Wood is not a good insulator especially when wet. If you use a high power charger and creosoted wooden posts you may get away without insulators.

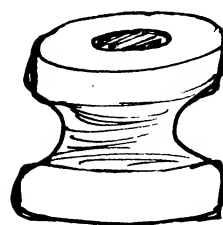


Some home made insulators are set out below but there must be many more ideas and designs around depending on available materials.



For end posts and corners the insulation must be both capable of taking a strain and allow easy straining. The most suitable we have found is a commercially available

type made from porcelain which costs approx. 40¢ each.



### Charger Unit

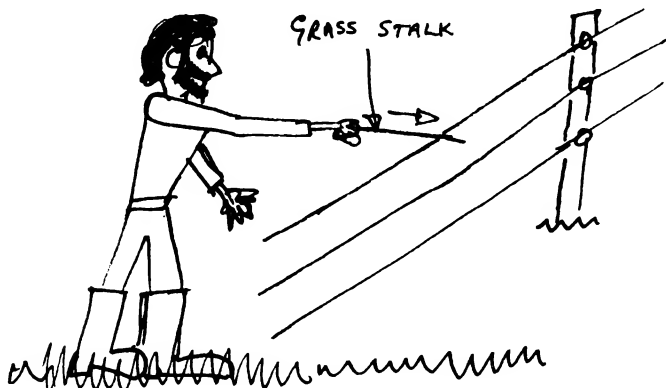
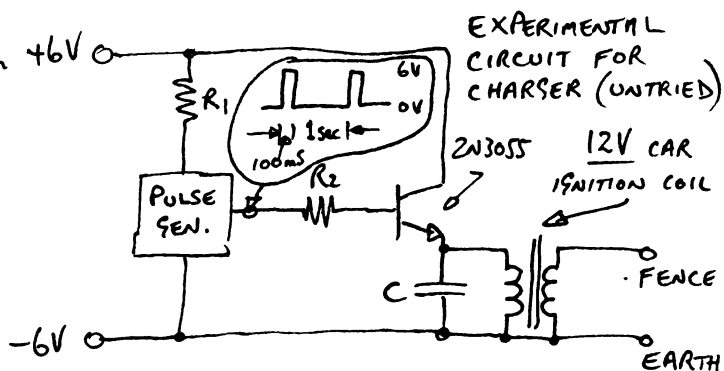
There are three types available:

(a) Mains powered: long distance fencing; can be located remote from the fence i.e. in a shed or the house; subject to failure due to power interruptions.

(b) Battery powered: large range of powers, 12 volts being generally stronger than 6 volts. These should be located on site and use either a dry cell battery or wet cell e.g. car battery.

(c) Solar powered: either a panel can be purchased separately and used on an existing battery powered unit or ready-made solar units can be purchased.

The ready-made solar unit has a small internal battery which lasts a number of years. These are expensive to replace, but it should be possible to replace them with a suitable motorcycle battery externally located. Solar units are lower powered so are less tolerant of long grass and other vegetation touching the live wires. They are located on site, preferably in the middle of the fenceline. Four or five hours of sun per day is sufficient but they will go for ten to twelve days with no sun at all.





Testing is carried out easily and cheaply with a grass stalk (see Fig. 10b). Hold the stalk firmly at one end, touch a live wire with the other end. Slide the stalk slowly over the wire until a faint pulse is felt in the fingers. After some practice a fairly accurate indication can be obtained taking into consideration:

- (a) ground moisture
- (b) grass stalk moisture content
- (c) footwear
- (d) distance along fence from charger unit
- (e) bodily awareness/sensitivity

Take our 6 volt solar unit as an example. During the wet season, using a paspalum seed stalk, wearing gumboots and close to the charger a faint pulsing can be felt with approx. 25mm of stalk between the fingers and wire.

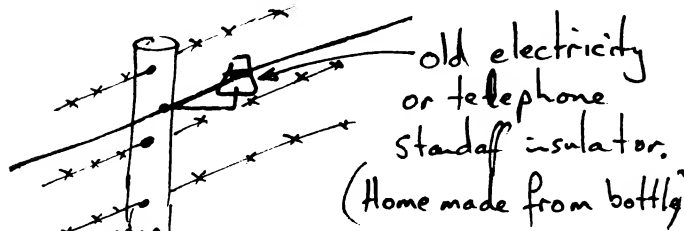
### Gates

There are a number of alternatives here.

- (a) Insulated Tunnel: this is the simplest, easiest and cheapest method.
- (b) Insulated Bridge: the superstructure can be made from wood or polypipe. Allow for the height of vehicles.
- (c) Sprung Gate: not recommended as when the gate is open half of the fence is effectively switched off.

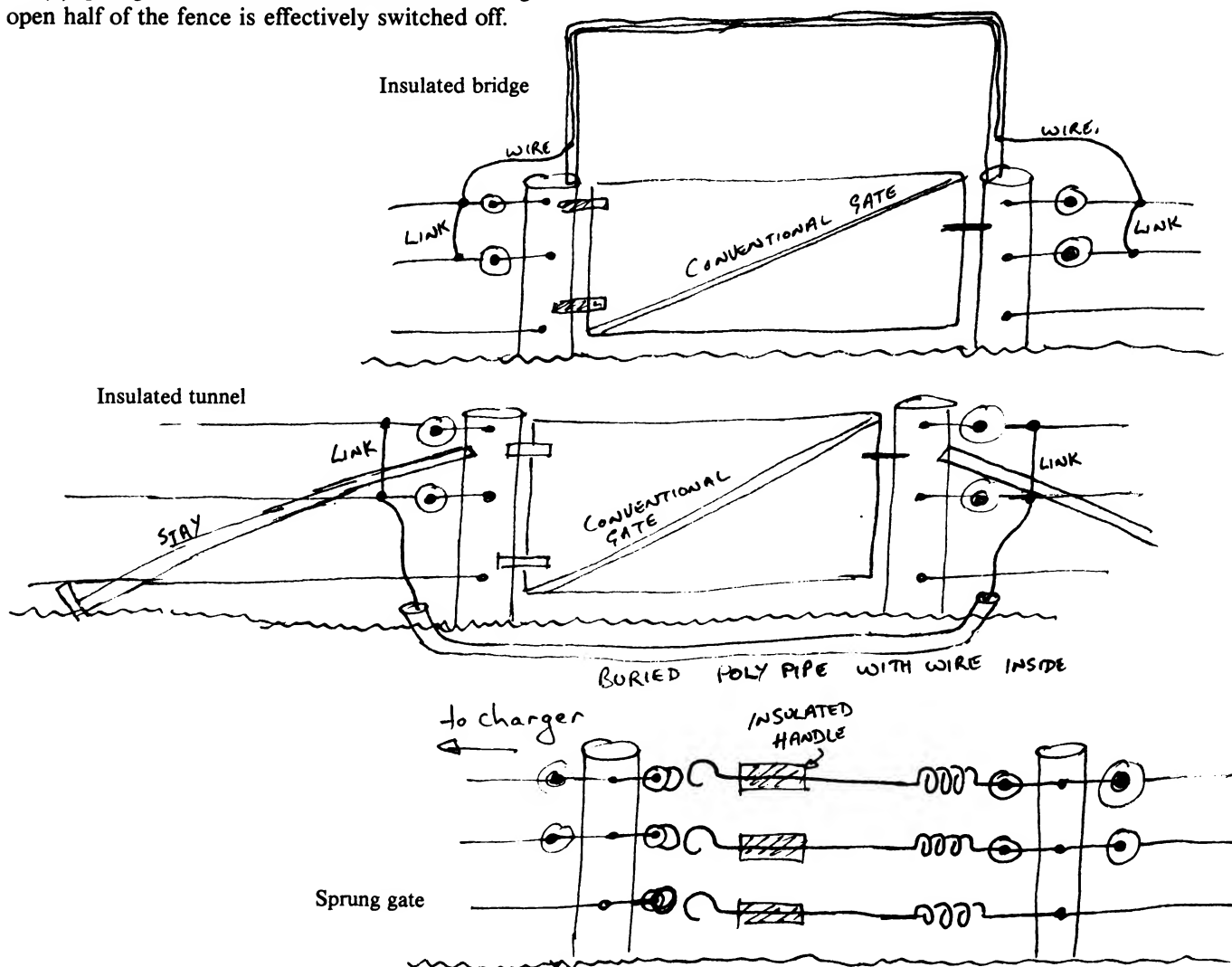
### Additions to Conventional Fencing

In the case of a bull or stallion a single wire set at chest height of the appropriate animal is run approx. 150mm inside the existing fence.



### Strip Grazing

A paddock of rye or oat grass can be grown for winter feed but to be effectively managed, stock must not be allowed unlimited access. They can be limited by a single strand portable electric fence and supervised for the few hours they are permitted grazing each day. Many conventional farmers employ electric fences in this capacity, so for more information either see a local farmer who strip grazes or consult your local Department of Agriculture officer.



## Training Stock

It is advisable to introduce stock to an electric fence slowly and calmly. Let them wander up to it during the normal course of grazing. If a beast discovers it can charge an electric fence and break through unharmed, all electric fencing will be to no avail, as this beast will continue to break down the fence and lead the rest through the break. An electric fence is a psychological rather than physical barrier. To this end, avoid at all costs stampeding a herd contained by an electric fence. As long as they are calm the fence will be effective.

Cattle, especially the more roguish ones, can sense when a fence is not working. They will graze right up to the wires and as we test it with a piece of grass, they test it with the hair on their necks. Thus regular checking of the fence is necessary particularly when good feed is in short supply.

## Trouble Shooting

A logical approach is most successful.

(a) Start at the charger unit. (i) Check *all* connections, (ii) listen to it. Generally it makes a whirring/clicking sound like an electronic flash. Test it with a piece of grass with the leads *disconnected* from the fence.

(b) If the charger is not working, check the battery and see that it is *switched on*.


(c) If the charger is working, see which live wire is at fault (if there are no links along the fence between the live wires) by connecting each one separately to the charger.

(d) When the faulty wire has been found, walk along the fence examining insulators and wires carefully. Check earth connections along the way.

(e) If there are gates, check fence effectiveness each side.

(f) Generally the problem will be wires coming off the insulators or an object fallen across the wires either breaking them or shorting them to earth. With low powered chargers, excessive vegetation touching live wires can short circuit the fence to earth.

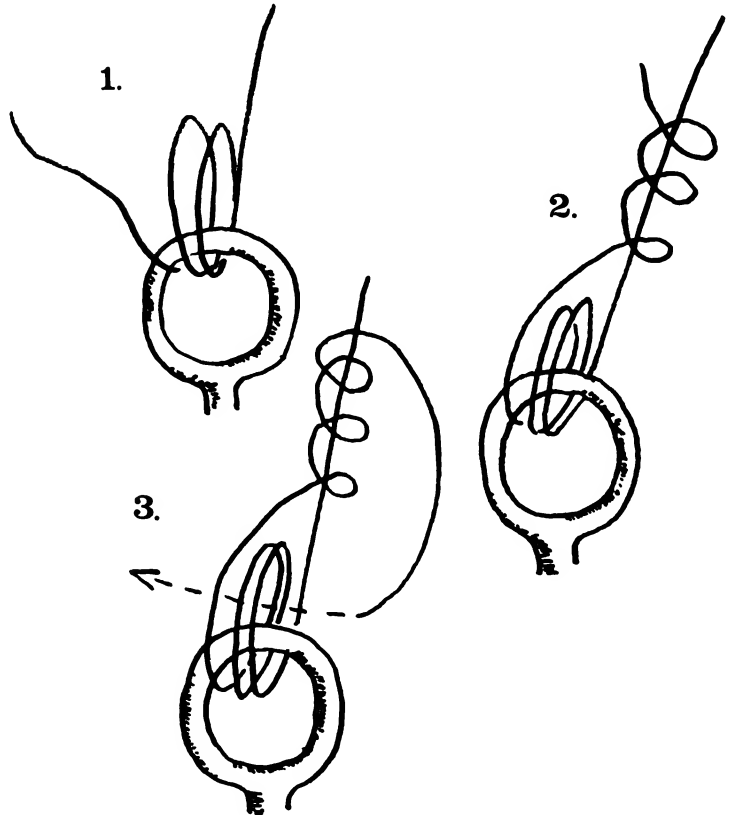
**Footnote.** By law, if an electric fence is erected where the public could be reasonably expected to go, large warning notices must be put on the fence.

	<b>geoffrey m. dawson b.arch</b>
design drawing council permits low energy housing earth building	eagles road harcourt 3453 telephone 742513

## THE BLOOD KNOT

By Bob Willis, Wynnum, Qld.

Ever tried to tie a hook on nylon monofilament fishing line? And have it come undone?? This is a knot which is not only suitable for nylon but also, believe it or not, for *steel wire rope or fencing wire* and one that retains over 90% of the strength of the line. You can't ask for more than that now can you? It's called the Blood Knot though actually it's one of several such knots. It works.



1. With the end of your line or wire, make *two* turns around the thing you want to tie the line to. Leave these turns *slack*.

2. Next, take the free end of the line and twist it back along the rest of the line *three* times.

If you are using springy line you may have to start holding everything together with your fingers.

3. Now, lead the free end straight down and through the two turns you made in step one.

4. Tighten everything up by pulling *gently* on both the free end and the other end of the line — and there's your blood knot.

**Note.** This knot will permanently kink nylon or wire rope so don't bother trying to undo it — cut it off and throw away the affected piece of line.

# Some Thoughts.....

By Frank Povah, Violet Town, Vic.

When reading Feedback, I am constantly struck by the number of letters from people wondering how they will cope once divorced from the resources of the big smoke. One aspect really stands out — although they may wish to change their general lifestyle, the majority still expect to enjoy many of the 'advantages' of city life. Take for example, out of season fruit and vegetables, daily hot showers or baths or the hundred and one minor things that are rarely considered in urban life, but which in the relative isolation of the bush can actually sour your relationship with the land. Not to mention that dreaded commodity — money. Unfortunately we all require money for something, whether it be fuel, flour, tools or other necessities of life. Should you yearn to be totally self-sufficient, you may well be so old by the time you have acquired all the necessary skills that you would have little time to enjoy them. On a practical level, few shire councils will take cabbages in lieu of rates and few landlords accept eggs for rent.

So how do you make this money? My experience has been limited to the single and couple situation — obviously if there are children, more ready cash will be required. Do you have a community market where you can sell your surplus produce? Is it possible to have a roadside stall nearby? City people and Sunday drivers seem to cover quite incredible distances and often are thrilled to buy fresh farm produce, especially if they know it has been organically grown. If you have enough surplus to justify it, you could sell 'pick your own'. Put a sign on your local notice board or place a paragraph in the local paper or tourist guide if there is one in your area. *Please* ensure that anyone buying fruit or vegies from you is not taking fruit fly with them. You can sell seedlings, preserves and jam and even poultry on the hoof (it is illegal to sell dressed poultry or meat other than through a licensed facility). Have you tried your local pub as a market for fruit, vegies or herbs? Can you get seasonal work such as hay carting, fruit picking or rouse-abouting in your area?

There are many ways to save money in the country. Do you *really* need that car? Is your nearest town within walking distance? Could you manage with a pushbike? If you wish to occasionally go shopping in a larger centre (remember it makes good sense to support your local business houses) can you come to some arrangement with a neighbour? Remember that you should do something in return — it should not be all one way. Could you manage with a horse and cart? This can cost you as much as a 'cheap car' but the ongoing costs are small.

Do you have to buy new fencing materials? Can you recycle wire and posts from a fence your neighbour is



replacing? Old water tanks can be cemented and used for years, even when they appear to be beyond repair. There are old sheds around that can be demolished and taken away. What cannot be re-used for building can cook your meals or edge your garden beds. Do you need a stereo, TV, blender? Learn to play an instrument, use your local library. Spiralling prices give plenty of incentive to make do or do without.

Animals form part of the self-sufficiency dream and many people look forward to having them. In all but the most dire circumstances, they must come first; they need fencing, shelter and food. The grazing animals for the most part will get by with pasture for feed, fences to keep them home and a few trees for shelter, but your poultry must at least have some grain — if you want eggs, that is. If you require milk, your cow or goat needs some form of supplementary feeding and the same goes for your horse, donkey or oxen if you want them to work. So while you are still cramped in a caravan, tent or shed, your chooks are lording about in a beautiful new chook house. But remember you can see the long term goals, your livestock cannot, so when you are tempted to buy that cunning little whatever for the dwelling, ask yourself if you will have to stint on stock tucker to do it.

What animals do you need? Once you have become established and have an idea of what your average income will be, then you are in a position to consider pets, but until then I believe it is advantageous to concentrate on animals that will help support rather than stretch your resources and knowledge. Six laying hens are enough for the average couple to have a brekky egg or two every day. When you have a little more money to spare on wheat or you have managed to grow sufficient for both your own and the

hen's needs, then you can consider branching out and buying more.

This brings me to the next point — food. Once your garden is established there are always gluts of one vegie or another. When, for example, your tomatoes are bearing for the fifth month in succession and you are sick of bottling, saucing, juicing, pulping and jamming what you cannot eat immediately, and the poultry flee when they see you coming with yet another bucketful of damaged fruit, count your blessings. Remember that once the preserves run out during the middle of winter, it makes little sense to buy chemically impregnated, out of season tomatoes just because you have not had one since last season. The same applies to eggs. When the hens stop laying, do not rush out and buy eggs — they taste delicious if you have to wait until your own chooks do the right thing. Of course, this does not preclude bartering some of your embarrassingly fruitful Brussels sprouts for your neighbour's free range eggs.

The days I dislike most are killing days. Being a meat eater, I feel it is only fair that I assume full responsibility, rather than take the easy way out by buying meat and poultry after someone else has done the dirty work. This way, I know what the animals I kill have eaten and how they have been treated during their lives. Most importantly, I know that they have been killed swiftly and painlessly. If you have never had to kill a sheep, goat or vealer before, ask someone to teach you and do not take it on until you feel that you can cope. I always use a .22 rifle and let them stand quietly in a small yard for a while then shoot them in the neck just behind the point where the spine meets the skull. This severs the spinal cord and death is instantaneous. Bleed them immediately.

If you really cannot face it, then find someone to do it for you, or alternatively buy (illegal) or barter meat from a willing neighbour who kills his own regularly. Of course you could, I suppose, arrange to have your animals put through the local abattoir, but then you have the responsibility of knowing that they will be yarded and killed with a lot of other terrified animals. Here again, unless you are lucky or rich enough to own a king size freezer, you will be able to fit only one animal in the fridge at a time. This means that if you kill a goat you eat goat until it is all gone. Should you raise roosters, rabbits, pigeons or other single meal livestock, they may be used to introduce variety into the diet as well as spin out the contents of the freezer.

If you are a vegetarian who eats eggs and dairy products, I feel it would be an advantage to buy replacement layers and milkers from a local farmer and pass on your unwanted stock to someone who will eat them. Alternatively you could arrange to barter for eggs, milk and wool rather than keep the animals yourself. Even for those who can afford to keep the 'hangers-on', there has to be a cut-off point. Also, if you keep a large number of any one species there is little alternative to sending your

culls and surplus to the market. The way you arrange all this will no doubt depend on your personal view. I feel that I can do no better at this point than to paraphrase John Seymour: 'To be or not to be vegetarian; this is the question that could (but must not) split the self-sufficiency movement'. There is room surely for all of us.

Water is a never ending source of worry for most back-to-the-landers. Unless you are fortunate enough to be serviced by town water or a permanent source of good clear water, you will have to rely on dams and/or rainwater tanks both of which depend on the vagaries of the climate. Until you can afford to put in sufficient rainwater tanks to carry you through a dry time, you may have to forgo that daily shower or bath and get used to washing in dam water. You can clear muddy water with lime and alum but it plays havoc with hot water cylinders and your skin and in the long term may not be worth it.

All this need not reduce you to a poverty-stricken existence. Rather you undergo a reshuffling of values. Poverty is in the eyes of the beholder. It is surprising how much you will come to appreciate and enjoy a packet of 'expensive tea' or an occasional new reference book. Do not quibble over the big decision, do it now! Just remember 'that to every living thing there is a season'. You may not be rich but you will be living!

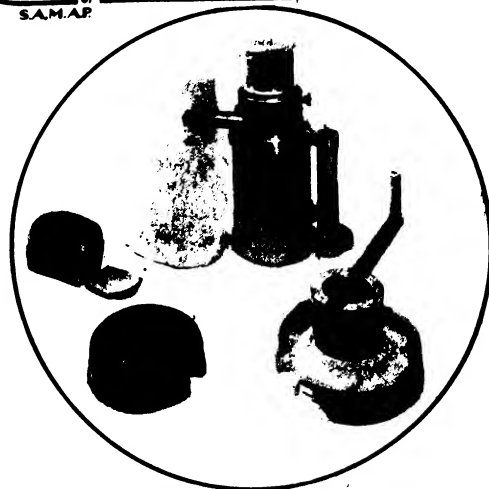
#### Turn any grain, pea or bean into flour!

\* Produce your own healthful coarse, medium, or superfine 100% wholemeal flours at home from wheat, oats, rye, barley, rice, maize, dried peas, beans, lentils, soy beans, etc, for tasty breads, cakes, scones, pies, soups, desserts, baby & invalid, pet & animal foods.

\* Post two stamps for catalogue showing SAMAP Naxos natural stone hand & electric flour mills to:  
Nature & Health Products, 29 Melville Ave.,  
Strathfield, N.S.W. 2135. Tel. (02)  
76-9784, 3.00 - 4.00 p.m. daily.

\* Also we sell finest quality hand & electric juicers, butter churns, etc.

\* NOTE: The SAMAP handmill makes rolled oats from the hulled oats as well!



# 'POLLY', BLOAT AND MILK FEVER

By Shirley Broomhall, Western Flat, S.A.

Polly, a handsome matron of indeterminate age, is a cherished member of the family. For several years, her contribution to our homesteading enterprise has been considerable and her demands few. In the early stages of our relationship, she had her 'off' days, but then so did I, and after a period of adjustment our mutual affection became a close bond. In the last few months she appears to **have slowed down; like everyone else she is getting older and the cold, wet, wintery days don't agree with her.** I was surprised, however, and most unhappy when recently, after a reasonably mild day, Polly appeared very shaky and obviously ill.

Polly I should mention is our Jersey house cow, acquired at the local market when the price of cattle was so low that many were being destroyed. At \$9.50, Polly was an incredible bargain. She has proved to be quiet and tractable, apart from her heat periods, and provides a steady supply of milk, creamy enough for butter, yoghurt, ice-cream and soft cheese.

After discussion with my husband, we agreed that Polly should be kept moving. This I did, leaving her only to finish the usual outdoor chores. Returning to Polly, I was horrified to find her on the ground, grinding her jaws, foaming, and to my inexperienced eye, well on the way to a speedy end. She appeared to be twice her normal size, and the skin over her mid-section was tight and 'crackled' when I moved my fingers along her side. While Greg ran to the house for a torch and some first aid equipment, I tore off in the ute to seek the assistance of the next-door neighbour who manages a large cattle property.

Armed with a small hypodermic needle (and a bewildered neighbour) I made my way back, not before time, to see Polly blown up like a balloon, lying flat on her side and Greg administering an oil drench with the aid of a beer bottle.

Both men politely waved the proffered hypodermic needle aside, assuring me that, as a nursing sister, I was obviously better equipped to 'decompress' the animal, than they. There was no choice. I drove the needle into the swelling high on the left flank in front of the hip, where normally a triangular depression is seen (see diagram). If no gas had been expelled, I'd have 'chickened out'. However, a steady hissing erupted through the needle and after a while Polly began struggling to get up. She was persuaded, with many stumbles and near falls, to the shelter of the pines, twenty yards away. There she collapsed and no amount of effort could get her on her feet again.

During this time, I kept the needle deep in her flank, moving it when the sound of escaping gasses became fainter. The huge distension of this area meant that the triangle, mentioned as a guide to where the puncture

should be made, was unable to be seen. (I'd located it, by placing my little finger on the hip bone, extending my fingers so that my thumb was approximately over the site). This served as a rough guide. Cows, and human hands, vary widely and allowances must be made.

We keep a book on diseases of livestock, without which, I certainly would have been unable to help Polly. Most people would have contacted the vet. However, we are thirty miles from a small town and qualified assistance would have arrived too late. We discussed the factors which may have contributed to Polly's condition and I was uneasily aware that too much concentrate feed at milking time might have been the cause of the problem. We continued to 'decompress' her with the needle. Greg administered an oil drench every two hours and due to a flash of intuition he also gave her antibiotic and 40cc of calcium solution, by injection.

Dawn showed Polly, bloodied but unbowed, lying in the same place, but less distressed and obviously out of immediate danger. At 7 a.m. I phoned the vet and she arrived at 8.30 a.m., complete with intravenous and intramuscular calcium borogluconate, antibiotic and a savage gastric tube, which Polly finally condescended to swallow, enabling any remaining gas to escape. Less than an hour after the calcium was administered, Polly was up and woodstove, housework, indeed, all but the other animals, was neglected as we tottered from one clump of grass to the next.

Through reading the book on livestock diseases, Greg and I agreed that keeping a small stock of calcium borogluconate, available from vet or stock firms, antibiotic (usually a vet's province), a 20cc syringe and some intra-muscular needles were a necessity. I think a working knowledge of the animals we keep is essential. The local library will usually procure information if the cost of a book on the subject of dairy cows is prohibitive.

At first we thought bloat had caused the whole episode. Then it occurred to me that Polly's appetite, at least in the bail, **had been declining these last two days, an indication that bloat was not caused by giving her too much concentrate feed.** Eventually our combined efforts pieced together an explanation. For some reason, most probably because of the exceptionally cold, wet winter and consequent scarcity of good feed, Polly had suffered a disturbance in her mineral metabolism. The basic mechanism of such a disturbance is unknown. However, the effect is that a massive supply of calcium, potassium and essential minerals are drained out of the system into the milk and the animal appears to suffer from acute muscular dysfunction. I'd observed tremors in Polly's hind legs which I'd mistakenly believed were due to the cold. What I could not see, was that her internal muscular



activity was affected. She ceased chewing the cud and her gastric processes diminished. When a ruminant (or cud chewing animal) goes down on its side, it cannot belch and accumulating digestive gases rapidly lead to the condition of bloat; therefore it is vital that the animal be kept propped upright by any means possible.

The 'crackling' under Polly's skin was due to air leaking into the tissues. The classic symptoms of milk fever (or hypocalcaemia) are weakness and trembling in the hindquarters, the animal staggers and eventually falls down, breathing becomes shallow and groaning is often a feature. Once down, the animal is unable to belch, and bloating becomes established. Lack of treatment may result in coma and death. If an animal is upright and appears able to swallow, any non-toxic oil i.e. vegetable or mineral oil, may be given as a drench. Push the container into the side of the animal's mouth and massage the throat to assist swallowing. Four ounces of oil given every two hours is a useful guide. However, if the cow is down and lying on her side, the possibility of fluid being inhaled into the lungs is considerable. To drench an animal so acutely ill is a dangerous procedure since inhalation of drench or vomit could cause an ultimately fatal pneumonia.

The treatment, then, is symptomatic. If bloat threatens life, gas must be expelled with a suitable needle. A large bore intra-muscular needle would allow this to occur slowly, since too rapid a release of gases could be fatal. I have heard of farmers, confronted with seven or more of their commercial herd down on the ground, relieving the offending gases with a well-placed stab over the cow's rumen using a pocket knife. This dire emergency treatment is one I would be loathe to perform. Apart from the likelihood of infection, such a wound needs stitching

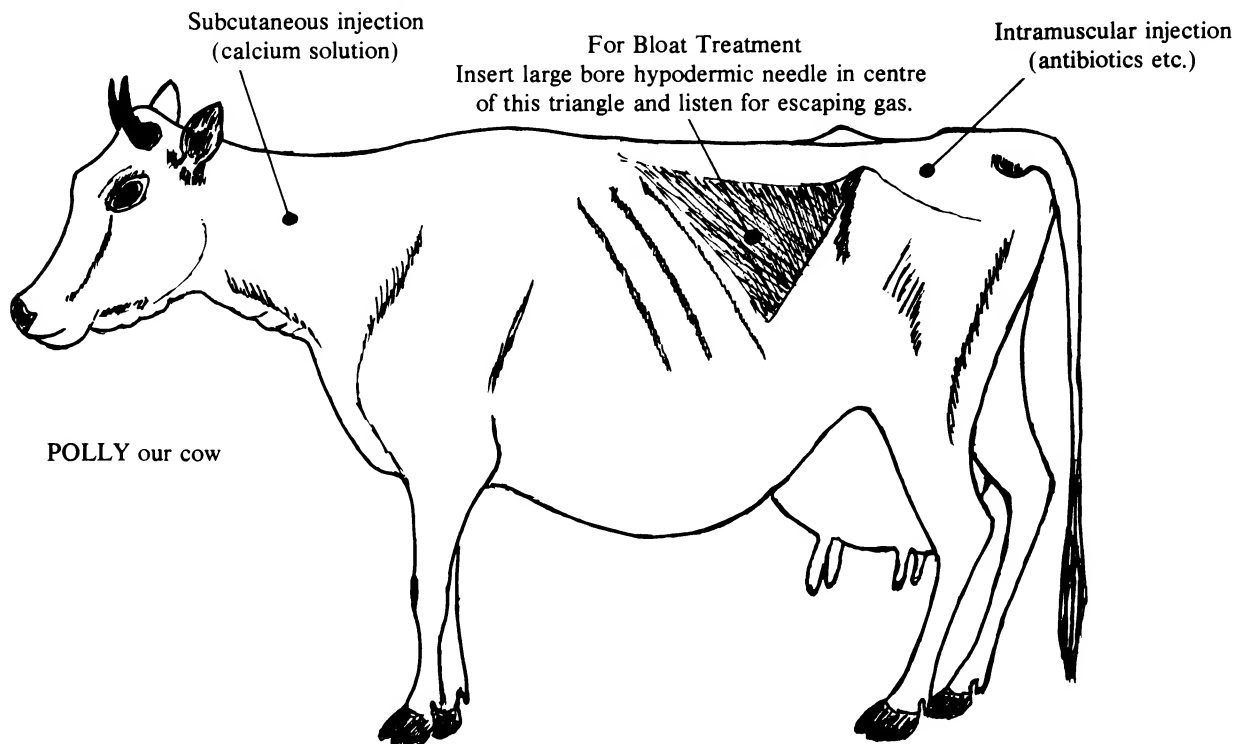
and consequently the use of intra-muscular antibiotics and then the animal may still die.

Our conclusion is that Polly suffered a 'sub-clinical' (signs so mild that the illness is often undetected) episode of milk fever after calving, which gradually became acute due to the stresses of cold, driving rain and poor paddock feed. Inexperience blinded me to the symptoms of milk fever which usually occurs after calving particularly in cows with a high milk yield. These animals pour enormous quantities of calcium into the colostrum (the first milk of the lactation). It can occur at calving and results in cessation of labour and a dead calf. Thereafter a cow may go down for a period of three days to two weeks, anytime up to two or three months after calving. This is the time of greatest milk production. Awareness of the symptoms of milk fever would enable a timely injection of calcium borogluconate to avert disaster.

Talking to the vet during the short time she was treating the cow, brought the realisation that even if we had made an accurate assessment of the illness, our supply of calcium was inadequate; however the emergency treatment had saved Polly's life.

Reading the preceding paragraph, it occurs to me that I am endeavouring to encourage self-confidence in the homesteader. Armed with a small amount of knowledge and a first aid kit consisting of antibiotic, an oil which breaks up the foam formation e.g. liquid paraffin, and calcium borogluconate (available in a pack which also contains a large bore needle useful if bloat does occur), a homesteader is less likely to lose a valuable animal.

Natural practitioners suggest supplementing the diet with adequate dolomite and Vitamin A and D during and after pregnancy as a preventative.



# Creating a Low Energy Lifestyle



By Geoff Dawson Harcourt, Vic.

Primarily we aimed to live in a rural environment where it was possible to produce as much of our own natural food as possible. Our philosophy of conserving energy and resources has enabled us to create a low-cost dwelling blending with its environment, and an organic farming system which produces most of our food.

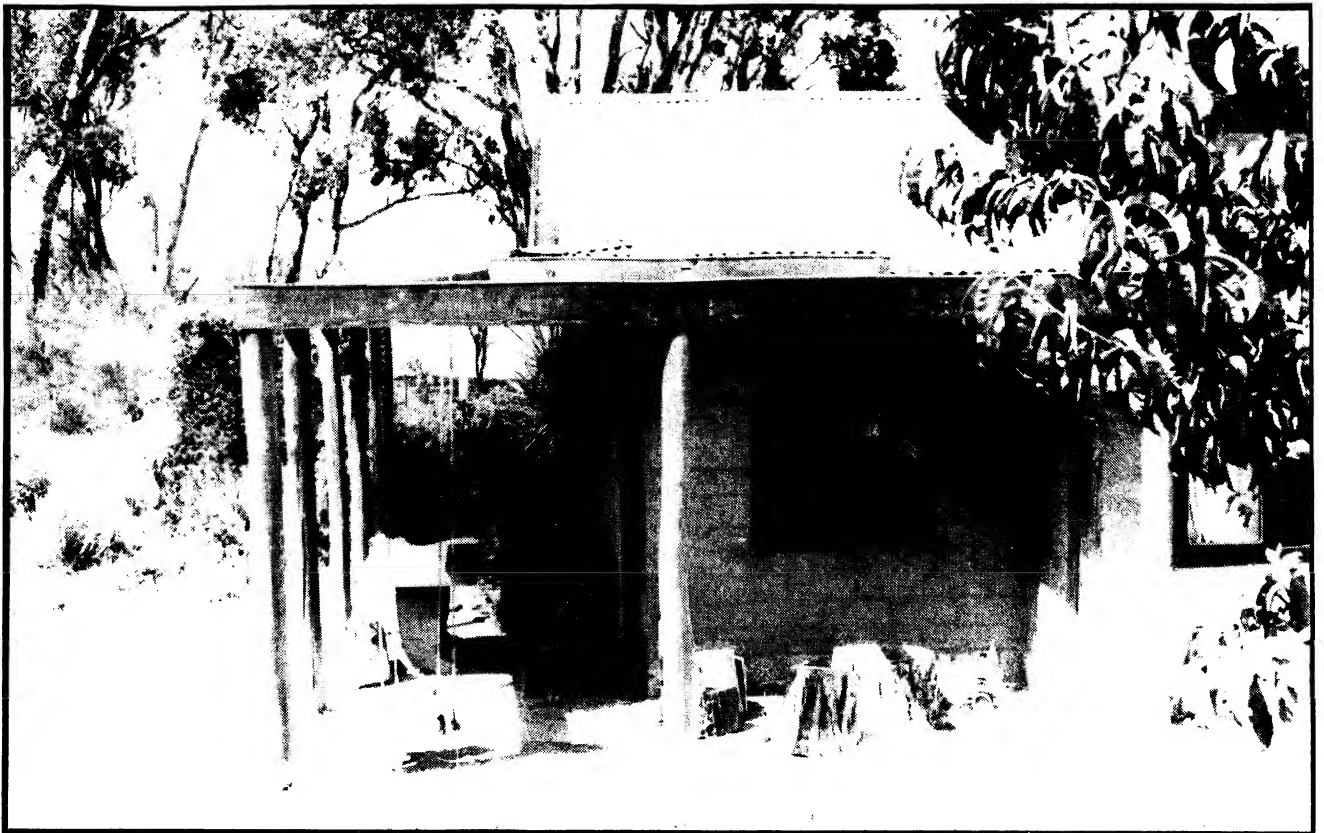
We spent 1974 touring Europe and were most fascinated by the vernacular buildings of the peasant cultures. They seemed to merge into the landscape because of the simplicity of their form, and most importantly, because they utilized locally available natural building materials such as stone, timber and earth. The best examples of this were in Spain, France and Yugoslavia, where it was sometimes difficult to see a village until you actually came upon it. The hand-made non-industrialized cottages of the Scandanavian museums such as Frilandsmuseet, Sorgenfri, Denmark possessed a human scale and warmth that the twentieth century Australian brick veneer totally lacked.

In our house at Harcourt, near Castlemaine, Victoria, we have tried to retain the flavour of the hand-made cottage and relate it to the needs of the Australian rural physical and climatic environment, to conserve energy and to use natural energy.

We were limited to a tight budget. The use of locally available materials lent itself to this. Harcourt granite, a plentiful local resource, provided the foundation wall, the chimney, the floor of the large pantry and the tank stands. Bush poles and sleepers of grey box were cut and seasoned for the verandah posts and the heavy timber frame. Slabs of slate from Castlemaine were set down as the floor of the main living area. And most importantly, the earth that was cut out to level the site is providing all the adobe bricks for external and internal walls, as well as earth floors for half the area of the house. No earth has been imported for this purpose. The excavation for the house site was one metre deep at the deepest point in a gentle slope.

In the design of this house low-energy considerations were given a high priority, as is often neglected in Australian housing. This has proven most successful as the house is comfortable through winter and summer without excessive fuel costs. The theoretical low-energy house requires huge areas of glazing to the north, but in our case, we have found that this can be reduced with an adequately insulated earth-walled dwelling. It is still however, most important to orientate the house to the north with most of the glazing facing this direction and the appropriate eaves overhang. Thus, we were able to retain a cottage-like appearance without the stark effect of large panes of glass.

In summer, the internal temperature rarely exceeds comfort conditions. This is because of the thermal capacity of the massive materials of earth and slate (storing the coolness of the nights) and the well insulated ceiling/roof construction. This effect is enhanced by



This view from the north shows the highlight windows.



View at east end of the north wall shows the cottage-style appearance of our self-built home.

through-ventilation and highlight windows which are able to be opened at night. Also the planting of deciduous trees and grapevines to the north-west and east reduce glare and provide cool greenery and shade.

In winter there is a sufficient flood of winter sunlight to the dark slate and earth floors. We have found that this winter effect of trapping the sun inside has minimised our use of the wood-fired combustion stove and fireplace which are both centrally located for maximum efficiency. Geoff spends much less time collecting and cutting firewood than neighbours who generally live thermally inefficient lightweight timber dwellings. Even in the depths of winter (Harcourt experiences frosts from April to October) we are rarely required to light the fireplace other than for the fun of it.

As our budget was a mere \$15,000 our use of solar and wind energy has been limited to simple devices such as house orientation (no cost), four solar collectors and a small wind-powered pump. The solar water heaters provide approximately six months of free hot water. There is no electrical booster heater. The combustion cooking stove gives the extra heat required in the cooler months. This means that the combustion stove need not be lit for hot water during summer provided that one has an alternative means of cooking. Also, the small wind-powered diaphragm pump lifts water from a dam to a higher location for the house supply.

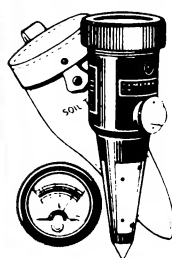
It is also important in the design of a low-energy house in the country to conserve water. Our small scale septic tank system uses, on average, one pint per flush, one-sixth of the typical septic system. This has been most successful saving water, capital cost and time of installation and minimising the need for the soil to absorb large quantities of polluted water.

As the building of our house nears completion we have been able to devote more time to our farming system, which incorporates similar principles of resource conservation. Manure from goat, chicken and pig pens is well mixed with bedding and composted for use on vegetable gardens and fruit trees. We have found a tractor and rear-end loader simultaneously useful for large scale composting and mud brick making. As the years go by, we are finding that experience gained in farming enables us to produce more of our own natural foods with less and less effort. The soil is improving, our plants and animals are healthier, pests and diseases do minimal damage, so we spend less and less time controlling them. Artificial fertilizers and chemical pesticides and weedcides have no place in our system. Apart from their harmful effects they cost money.

Geoff Dawson is a registered architect who prefers to design for and give advice to owner-builders and others who wish to build in natural materials and to harmonise with the environment. He has done considerable research into energy conservation and the use of solar energy in dwellings. His address is Eagles Road, Harcourt 3453, and his telephone number is 054-742-513.

# AMAZING PRICES! ORDER BY MAIL

## DON'T LET SOIL ACIDITY RUIN CROPS . . .



### Test soil moisture and pH levels with a . . . **DN-5 SOIL TESTER**

- A simple, pocket sized unit which allows you to spot trouble before it costs money
- Warns you of soil acidity
- Helps you assess correct amounts of lime to add
- Allows you to check after liming that soil neutralisation has been achieved
- Helps you plan the optimum soil conditions for each crop
- Complete with attractive belt attachment leatherette case

**\$44** INCLUDES POSTAGE & PACKAGING

## ADVANCED TECHNOLOGY IN ELECTRIC FENCING SLASHES PRICES

### Matador SUPA-SPIKE

#### THE COMPLETE ELECTRIC FENCING KIT

- Cheapest and best strip grazer on the market
- Completely weatherproof
- High performance 5000 Volts — up to 2 km of wire
- Complete ready for instant use — built-in earth spike, roll of shock cord 200m, 6 porcelain insulators
- Operates from any 6 Volt battery

**\$55** INCLUDES POSTAGE & PACKAGING



SEND FOR  
THE MATADOR  
FENCING CATALOGUE  
— ONLY \$2

### Matador UNIVERSAL FENCER

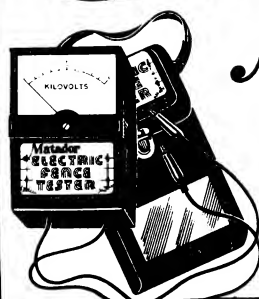


- Versatile! First fencer ever designed to run on any 6, 9 or 12 Volt battery or with its own approved A.C. adaptor on 240 Volt mains
- Powerful, weatherproof, up to 10 km, for permanent fencing or strip grazing — weighs only 1.1 kg
- Great value
- 6000 volt out-put

**\$78** INCLUDES POSTAGE & PACKAGING

A.C. ADAPTOR \$20 EXTRA  
INCLUDES POSTAGE & PACKAGING  
EARTH STAKE (Not illus.) \$6  
INCLUDES POSTAGE & PACKAGING

### Matador VOLTMETER



A compact, accurate fault-finding instrument, most necessary for anyone with electric fencing.

- Compact
- Lightweight
- Accurate
- Large easy-to-read dial from 0-10000 volts
- Complete with tough carry-case with strap

**\$46** INCLUDES POSTAGE & PACKAGING

POST COUPON NOW!

To: **PRICE EDINBURGH PTY. LTD.**

1 Little Collins St., Melbourne. 3000. Telephone: 489-9069  
63-8085

• Money back  
guarantee on all  
our products

Please send me . . . Soil Tester/s ☐ . . . Supa-Spike/s ☐ . . . Universal Fencer/s ☐  
 . . . Matador Catalogue/s ☐ . . . A.C. Adaptor/s ☐ . . . Earth Stake/s ☐  
 . . . Volt Meter/s ☐

Tick whichever required! ☒ I enclose a cheque/money order for \$.....

NAME .....

ADDRESS .....

P.CODE .....

# Plait an *Australian* Stock Belt

By Jill, Cann River, Victoria.

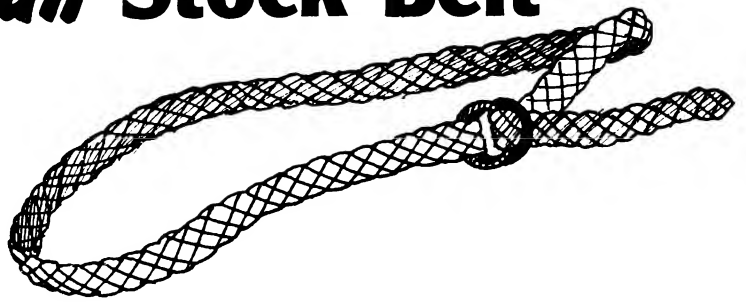
The traditional Australian stockman/woman's belt (for women did and still continue to do a lot of stock work) is made from plaited kangaroo thonging — kangaroo being the strongest thonging around. The double rings that replace a buckle enable the belt to be tightened securely with one pull of the tail end.

Plaiting leather is much like weaving once the work is started. The basic method is the same whether it be a four or fifteen strand plait.

There are various ways to plait leather thonging to give the work different patterns, but here I'll show the simplest method using four and five strand plaits. Once you have become familiar with them you should be able to work with any number of strands.

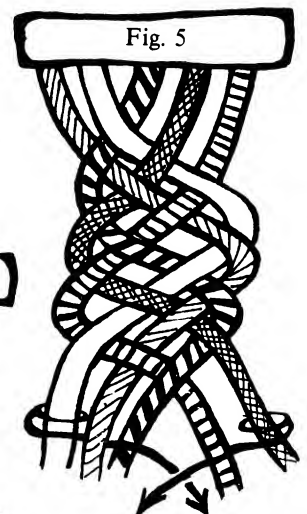
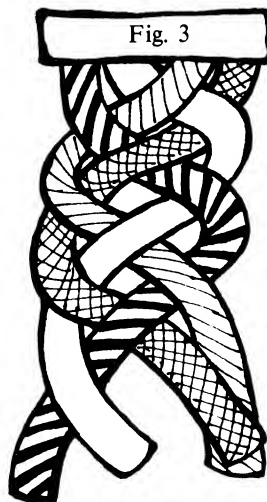
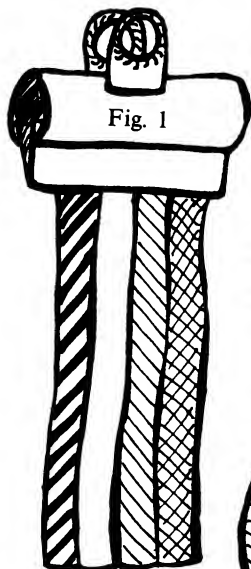
For a belt that needs to be 35 inches, cut the thonging 45 inches. There will need to be a good 2-3 inches turnover at each end. Make sure there is not an obvious colour difference between the back and the front of the thonging as the end that tightens through the rings shows the back of the braid. Use natural thonging which can be oiled or dyed later to give it a darker tone.

To keep the ends sitting flat and together while you start the work, you could use a spring clip, jam the ends in a drawer or whatever you can improvise for a clamp. The spring clip enables you to clamp the work up as you go, or alternatively you could hold it in your toes or feet, moving it out as your work grows.

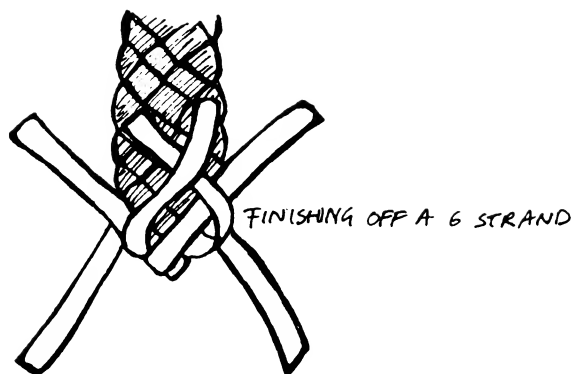


For a four strand plait, work the middle strands first (Fig. 2). Cross one over the other, then take either of the outer strands and cross it over or under the strand just worked to get a weaving pattern started. Plait one side, then the other, always taking the outside strand (Fig. 3). If you start on the left side first, then continue working the left if you have an even number on both sides and have forgotten which side you are up to. When you are plaiting an odd number of strands, you always know which side you are up to because one side always has more strands than the other.

Now for a five strand braid. Start as for a four strand, using the centre two on either the left or right. Cross these two (Fig. 4), bring in the other centre strand and then start working the opposite outside strand into it. Continue weaving one side into the centre, then the other (Fig. 5). Keep the work tight and straight. When you have finished, turn the ends over and work into the front of the braid as the back of the plait shows frontward on the tail end. Start with folding the two centre strands back and out (Fig. 6) and work the next two strands likewise, then the remainder so that you have a pointed end. Weave the loose ends back





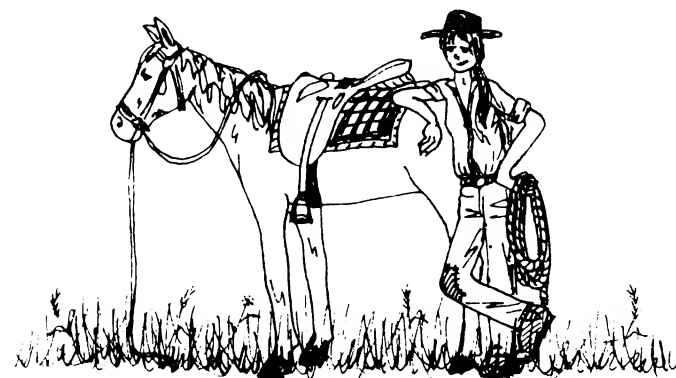


into the braid and hammer it. This helps the woven ends stay put. Alternatively, glue the ends down with leather adhesive. For the other end, you may need to loosen about 2 inches of the weaving or enough to slip the two rings over. Then work the ends into the back and hammer or glue the finished work. You may like to make a keeper for the tail end, but usually is just tucked in under the belt if it is too long. (Fashion or neatness are not priorities in the bush!)

A six strand plait of average width thonging will make a  $\frac{3}{4}$  inch belt. One inch rings will usually do for most belts and brass is superior if you can afford it.

You can leather dress it now or stain it with leather dye. A simple way to reach all the corners and edges of the braiding is to put the dye in a bottle with methylated spirits and shake the belt up in it. This can also be done with the thonging first, but it stinks to high heaven if you work with it in the next few days. An effective zig-zag pattern is obtained if you use different colours to plait with. Experiment with the 'weaving' pattern by jumping two instead of one thonging, or by plaiting around a central strand, or by starting on one side and weaving the outside thonging through to the other side. There are countless possibilities!

Use plaited work for hat bands, watch bands and dog collars and if you are confident or adventurous enough, a plaited bridle is a great way to show off your favourite hack.

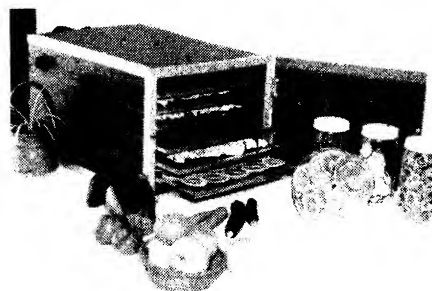


Familiarity breeds contempt — and children.

Mark Twain.

## NATURAL FOOD DRYING

with a "Nara" Home Dehydrator



- Using no preservatives at all, the food looks and tastes beautiful.
- It's so easy and costs so little to dry your own food.
- The dehydrator's success is due to the new fan forced air flow which gives fast efficient evaporation of the moisture in the food.
- Price is \$183.00 and includes the book by Bee Beyer *Food Drying at Home the Natural Way*.

Order your Dehydrator or write for a brochure to:

**NARA PRODUCTS**

P.O. Box 22 RICHMOND NSW 2753  
or phone (045) 732067 day or evening



T - SHIRTS

&

APRONS

are now available

ORDER YOURS NOW



A great gift idea!



- T-shirts come in sizes 2-20, and are fawn coloured with brown trim and a brown 'Grass Roots' print. Cost: Sizes 2,4,6,8,10,12: \$5.50 each. Sizes 14/SM,16,18,20: \$6.50 each.
- Aprons come in one size only (adults) and are of unbleached calico with brown trim and a brown 'G.R.' print. Cost: \$6.50 each.

For your 'Grass Roots' T-shirt or Apron, please send your cheque/money order (*not cash*), including \$1.00 postage and the quantities and sizes of items required to:

EXPRESSCREEN

P.O. Box 2

COOMA 2630.

Note: Please allow approx. six weeks for delivery.

# A MANUALLY OPERATED WASHING MACHINE

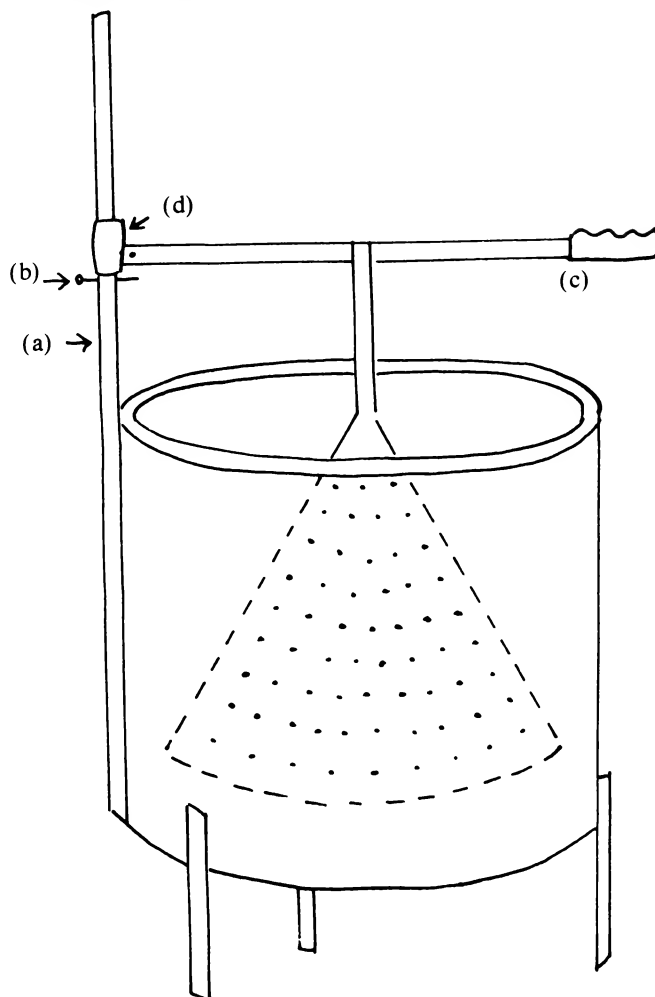
By Graham Murchie, Ashgrove, Qld.

Here is a manually operated washing machine which I used while working on a cattle station in far west Queensland. Other Grass Roots readers may already be familiar with it as it appeared to be factory made. To any handyman it would be fairly simple to make. What impressed me at the time was how easy to use and how efficient they were. I have been told that they were a popular machine in their day and that prior to then a perforated cone on a broom handle was used in much the same action as a sink plunger.

The machine consisted of a tub the size and shape of a 200 litre drum cut in half sitting on legs or on a stand to bring the top up to waist height. Running up the back was a metal rod or pipe (a) with a number of holes drilled to take a pin (b) which fixed the height of the plunger apparatus. This consisted of a handle (c) with a handgrip, pivoted to a sliding piece of pipe (d). About half way along the handle was pivoted a rod which was attached to a perforated cone, the perforations being 6mm and about 60mm apart. The one I used had a double cone-in-cone (about 25mm apart) but I think this was for rigidity rather than being necessary for the operation.

To use the machine the plunger gizmo was slid up the pipe (a) and pinned up out of the way. The tub was half filled with water, clothes and a little grated up soap. Then you slid the cone and handle back down and pinned it at the right height. About one minute of working the cone up and down was sufficient to get the dirt out of most clothes (remember that this was on a cattle station in west Queensland and our clothes were so stiff from dirt and sweat that they had to be bent to fit in the tub).

The water being forced through the holes as the cone was pushed down created a hell of a lot of agitation and the whole thing worked better and quicker than these new-fangled electrical contraptions. The cone must be neatly



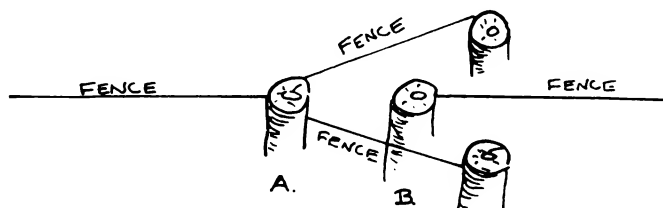
made with no sharp edges or projections or it will tear all the flimsy nylon unmentionables (that is if anybody still wears the detestable things). Oh yeah, a drain hose attached to the bottom completed the set up.

## A GATE-LESS FENCE GAP

By Col Leavold, Bittern, Vic.

A 'gate-less' gap in a farm fence as illustrated is an easily used method of entry or exit, particularly with a bucket in hand or a hay bale on shoulder. I suggest it as a quick get-away from the 'bull paddock'. It is, of course, limited to horse and cattle paddocks, obviously it will not confine smaller animals.

Posts A and B will need to be stayed or lengthened to an archway to keep fence tension. The suggested gap between posts is 25-30 inches, also do not forget to flatten barbs on any barbed wire at posts.



# Natural Goat Care

By Pat Coleby, Harcourt North, Victoria.

Well, I am safely through my most feared month in goatkeeping — March. For some strange reason, it is *the* month when most problems occur, probably due to a change in the metabolism of the goats themselves. David Mackenzie, in *Goat Husbandry* mentions that the goat's metabolism slows down in autumn. By now, in Victoria, the quality of the grass is zero because its nutrients have all been lost. If you do not give your goats plenty of seaweed meal and good hay at this end of the summer, troubles will arrive thick and fast. I found my goat's seaweed meal consumption almost doubled overnight.

At this time, I did not have a milk contract and had been feeding excess milk to the kids because I did not want to waste it. Suddenly, overnight, they looked ill and developed doubtful joints, due in this case to too much calcium, not too little. Fortunately the milk contract eventuated. Three days after I stopped feeding the kids, they were all bounding around with un-impaired knees and looking much better, their faces constantly sticky from seaweed meal! As readers will gather, we have not yet had an autumn break (mid April) so the feed situation is grim and the winter hay supply decreasing so quickly that I have had to arrange for more. The March trauma is lessened if we get a good break at the beginning of the month, but this seldom occurs.

Mating season is now in full swing, with the bucks making rude remarks to one another through the wire, and the girls parading up and down outside enjoying the resultant chaos immensely. I shut up the worst offenders because they nearly drive the boys mad — old does seem to be worst in this respect, the young ones merely pausing at the wire on their way up the hill. I am trying, as usual, to have my does mate later in the day. There is some evidence that this is more likely to produce female kids. It sounds like an old wives tale, but I know several vets who agree that there does seem to be a difference.

During autumn, when hay feeding is in full swing, there are always the usual grass seeds in the eye, so the goats should be inspected periodically. Shedded goats are seen quite regularly, but paddock stock should also be checked. A goat with a watery eye or one that is closed must be caught, firmly held (between the knees is the easiest) and the eyelids carefully opened. Often the tail-end of a grass seed can be seen, or one of the tiny little hooks; remove it carefully. If you cannot see it at first, look several times a day as they tend to move around the eye. Sometimes a scar mark can be seen in the middle of the eye where something has scratched or stuck into the surface. I have **never** worried too much about these; eyes, like other parts of the body, have great healing powers in healthy stock. A Vitamin A capsule pricked and squeezed into the eye will help, plus a few down the throat with plenty of parsley as well. Usually, once you have removed

the offending pieces of barley grass or whatever, the recovery is quite rapid. The first time I saw this condition, many years ago, there was a depression nearly two millimetres deep in the centre of the doe's eye, and it was glazed over and grey. I assumed that she would be blind for life, and indeed she was for about four months, at which time I was astonished to find the eye gradually regaining its normal appearance and quite evidently its sight. Since then I have not worried too much.

Ordinary ophthalmia or pink eye, as it is known, is entirely due to an organism that can only latch on when the host is deficient in Vitamin A and the same cure as previously mentioned applies. With a herd it is often easier (if practicable) to move them onto a really green and healthy unsupervised pasture but this, unfortunately, is not always available. Superphosphate suppresses Vitamin A among other things, hence the unsupervised paddock!

I would like to answer two letters; one written to me that I have personally answered and the other was printed in G.R. 30. The first asks whether it's a good idea to have a doe mated two years running. This is one of the reasons why I have chosen a long-lactating breed. I feel strongly that a rest every other year, or at least one year in three, is essential. The quality of the kids is better, so is the milking record of the doe. In other words, there is more stress associated with kidding than with milk production. If you want your girls still to be churning out milk well into their eleventh and twelfth year and beyond, this is an important consideration. This fact was dramatically demonstrated years ago, the last time I used drugs (or was advised to) on my goats. Unknowingly, five goats were given a lethal amount of tetracyclines and no-one realised until three months later. The in-kid does died of acute anaemia and renal failure, the ones that were *not* in kid but milking, lived for only five or six months — a hard lesson, and one I will not forget.

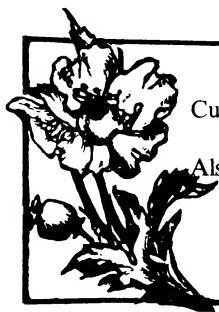
The same writer wanted to know if it was safe to give plain (raw) unboiled goat's milk to her children, as she had always boiled it before. The action of boiling, like pasteurisation, alters the structure of the molecules in the milk so that it is more difficult to digest. If the animals are healthy (very important) and milked hygienically, the closer to milking time it is drunk the more valuable it is as a food. In fact, some people who are very experienced in infant nutrition say it should not even be refrigerated, but fed to the child within ten minutes of leaving the goat. It is virtually unknown for goats to get either T.B. or Brucellosis, but in any case you would hardly feed milk from an ailing goat to anybody.

The other letter was from Stephen Robertson, who made some very interesting observations on toxicity. I feel that if goats are on free range, they will select what plants

they need and when they need them, eating plants known to be poisonous at certain times with no ill-effects at all. My best milker always made a beeline for two large rhubarb plants and ate all the leaves if she had the chance. I nearly had a fit the first time but soon gave up worrying when no adverse effects resulted.

Stephen is also worried about the lack of an organic anthelmintic. I have tried Juliette de Bairacli Levy's natural worming tablets — the goats love them, and will come running across the paddock if they hear me rattle the jar — but unfortunately they do not seem to be effective against some of our rather virulent worms. The same goes for garlic; it helps up to a point, but at that point you have to reach for the Thibenzole. I doubt if most of my goats are wormed more than once or twice a year, some not as often as that. The best defence against worms is pasture organic and healthy enough for the dung beetles to be working overtime, and having goats in optimum health at all times — in other words feed above the worms. The worm-free animal does not exist.

Another concern is the use of sulphur for lice. Using Pyrethrin is only treating the lice problem *not its cause* which is a sulphur deficiency due to an inadequate diet. Sulphur is naturally in the soil, like all other elements in a really healthy environment, but due to modern farming methods — the use of triple super and certain sub-clovers — it is almost completely suppressed. It is therefore necessary to feed sulphur in the food to ensure that the correct amount is absorbed by the goats. If you grow all your own food organically and they still get lice, then it must be assumed that your soil is lacking in sulphur, just as many soils in Victoria are lacking in copper. The ideal goat farm would probably be found in the Swiss Alps or parts of Greece where there is an abundant growth of mixed herbs, nutritious grasses and shrubs. Sadly, goats are not indigenous to Australia. Keeping goats here is a permanent challenge to find a mode of feeding and husbandry that results in reasonably healthy animals all the year round. Just when you think everything is ticking over nicely, a new problem emerges and a solution must be found. My great hope is that by feeding the goats the minerals they are lacking *now*, I will eventually be able to stop when they have returned enough to the soil for it to be in optimum health. Healthy soil results in healthy goats. Wishful thinking?



### MAIL ORDER HERBS

Culinary, medicinal and household herbs, violets, lavender and old roses. Catalogue \$1.

Also, seeds of many unusual herbs, trees, vegetables and fruits. Catalogue \$1.00.

MIMS MAIL ORDER HERBS  
P.O. BOX 4,  
GLENFIELD 2167.

## MORE THAN JUST A CATALOGUE

*and it's free!!*

Our 1982 Catalogue lists over 400 Vegetable, Herb and Flower seeds. It includes many growing hints, novelty varieties, space savers and hard to get lines.

To obtain your copy just send 30¢ to cover postage with the coupon below.



**NEW GIPPSLAND  
SEED FARM**

30¢ is enclosed to cover postage  
on your free catalogue.

Name .....

Address .....

Post Code. ....

Queens Road, SILVAN 3795.  
(P.O. Box 1),  
N.K. & B.M. de Vaus & Son.

## INTENSIVE WEAVING COURSES

**TUTOR: ANN GREENWOOD**

*Small classes for beginners to advanced weavers, using Lervad Danish floor looms. Weave your own project under supervision or follow a planned programme to introduce you to four-shaft weaving.*

*Choice of five-week, one-week or weekend workshops, held throughout 1982 in Hawthorn, close to public transport.*

*Please contact us for details of timetable and costs. Spaces limited!*

# Artmat

ARTMAT PTY. LTD., 21 QUEENS AVENUE, HAWTHORN  
TEL. (03) 819 2133

# EASY RECIPES WITH WHOLEMEAL FLOUR

By Ann Walker, Eaglehawk, Victoria.

I am an inveterately lazy housewife — there are always so many more interesting things to be done than cooking and cleaning. I am therefore always on the lookout for a quick and easy way of making nourishing and filling meals for an ever hungry family! Apart from its obvious health benefits, wholemeal flour has many advantages. It is 'interesting' to the palate and anything made with wholemeal flour is more filling as well as more nourishing. Homemade wholemeal bread, for instance, proves economical and so satisfying that people just do not need to eat so much, slice for slice, as 'puffy' white bread. My wholemeal bread recipe for this is simplicity itself.

I do have a Kenwood mixer which has, as one of its attachments, a dough hook; this helps to make my bread making even easier and quicker. Whilst the following recipe does utilise a dough hook, it can easily be modified to suit a hand beater or the traditional kneading method.

## BEATEN BATTER WHOLEMEAL BREAD

- 2 lbs wholemeal flour
- 1 pint milk, milk and water or buttermilk
- 1 sachet dried yeast
- 1 dessertspoonful honey
- 1 good pinch of salt

Put a little more than half the flour and other dry ingredients in a mixing bowl. Add honey to the liquid and heat to blood heat, stirring so that honey dissolves. Mix dry ingredients well, then add liquid. If necessary add more flour to make a stiff batter and beat thoroughly for approx. two minutes. Change beater for dough hook and add remainder of flour, mix with dough hook at low speed until all flour is worked in and dough forms one large ball and does not stick to sides of bowl. It may be necessary to add slightly more flour. Turn out onto floured board, divide into two portions, place in greased loaf tins, punch down, place in a warm draught-free spot covered with a cloth to rise. When dough has doubled in size or reached the top of the tin bake at approx. 375°F for about 30 minutes.

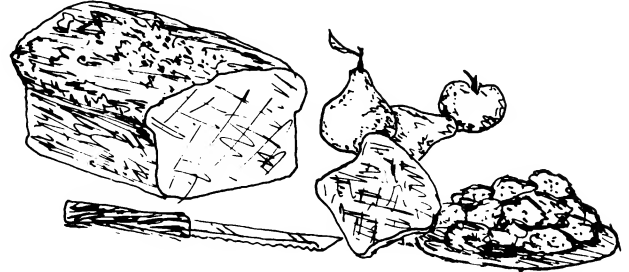
An extremely simple and economical recipe usually much enjoyed by hungry school children is:

## WHOLEMEAL POTATO CAKES

- Equal quantities (approx. ½ lb) wholemeal S.R. flour and cold cooked potatoes
- 1 egg
- Seasoning

A little milk (this may not be necessary).

Mash potatoes thoroughly, work in the flour and seasoning, add the beaten egg and a little milk if dough is too dry. Roll out to approx. ½ in thickness on floured



board and cut with scone cutter. Fry in a very little hot vegetable oil in frypan. Serve immediately.

Wholemeal cakes and cookies are far more nutritious and filling for school lunches than cakes made with white flour or over-sweet, over-starchy, commercially made biscuits, cakes and cookies. I find the following two recipes easy to make and very popular with my three children.

## WHOLEMEAL ROCK CAKES

- 2 cups wholemeal S.R. flour
- ⅓ cup of raw sugar
- ¼ teaspoon cinnamon
- 3 oz butter
- ¾ cup of mixed dried fruit
- 1 egg and a little milk (approx. ⅓ cup)

Sift the dry ingredients, rub in the butter until mixture resembles coarse breadcrumbs, add fruit. Beat the egg and add it to the mixture with sufficient milk to form a stiff batter that will retain its shape when placed on the oven tray. Drop spoonfuls onto the greased tray and sprinkle top with ground nuts or sesame seeds. Bake in a moderately hot oven (375° - 400°F) for 10-15 minutes.

## WHOLEMEAL FRUIT SLICES

- 1 cup wholemeal S.R. flour
- ¼ cup maize cornflour
- 2 oz butter (melted)
- 2 oz peanut butter
- ½ cup raw sugar
- ½ cup dessicated coconut
- ¼ cup chopped nuts
- ½ cup mixed fruit
- 1 large tablespoon honey or golden syrup
- 1 egg – beaten
- Pinch salt
- ½ teaspoon vanilla or almond essence

Mix all ingredients together with the exception of the nuts, fruit and coconut. Add these when the other ingredients are thoroughly blended. Spread the mixture onto a greased slab tin, bake in moderate oven (350°) for approx. 30 minutes. Cut into slices or squares when cooked and allow to cool before removing from tin.



# Oven Temperature Chart

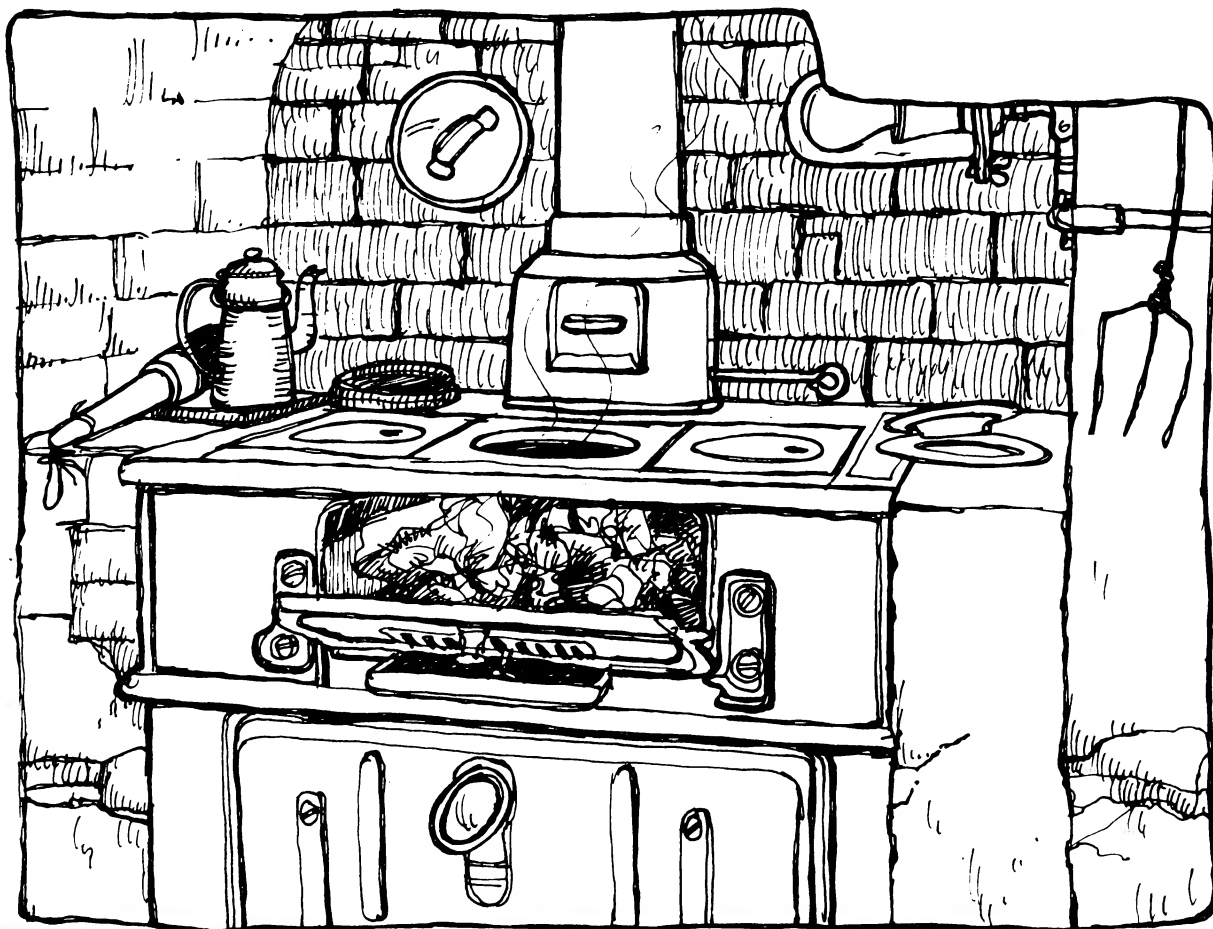
Temperature Chart by Margaret McDonald, Wattle Glen, Vic

Illustration by Kevin Roper, Wagga Wagga, N.S.W.

My small contribution to G.R. concerns fuel ovens. It is essential to have the correct temperature. Cookery books in general cater for gas and electric stoves and by using the same temperatures in the fuel oven the results are not the same.

## TEMPERATURE CHART — FAHRENHEIT

	Fuel	Electric	Gas
Very Moderate	275°–300°	325°–350°	300°–325°
Moderate	325°–375°	375°–400°	350°–375°
Moderately Hot	400°–475°	425°–450°	400°–425°
Hot	500°–525°	475°–500°	450°–475°
Very Hot	550°–600°	525°–550°	475°–500°



### TO UNSHRINK A JERSEY

Have enough boiling water to cover the jersey. Add 3 ozs of Epsom Salts and when cool, immerse the jersey and leave for 30 minutes. Pull into shape and spread to dry in the usual way. Tried and tested by a memeber.

Reprinted from *The Yarn Spinner* November 1980. Bulletin of the Handweavers' & Spinners' Guild of W.A. Inc.

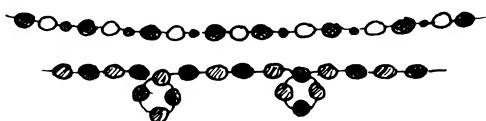
# BEADWORK

By Cathy Lonsdale, Nambucca Head, N.S.W.

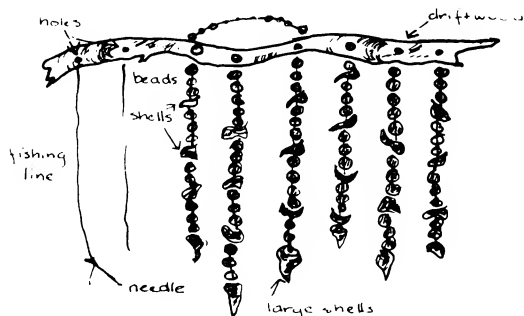
A good start is to buy a few packets of seed beads. These are tiny coloured beads bought by the packet in Sydney's Druiit Street for \$3 per packet (one colour). The shop is called Photios Brothers. You ask for the seed bead catalogue and choose the colours you want. Another place is Maria George P/L., 179 Flinders Lane, Melbourne. There you can buy each colour for 80¢ per ounce plus postage if you mail order.

There are a few simple things with which you can begin. Necklaces can be made (you can buy screw clasps for the ends at the wholesalers) by threading the beads onto fishing line via a needle — three pound line is good as it can be doubled and still fit through the beads. Up to about six pound line is usually suitable but after that it's a struggle. Size ten or twelve sewing needles are the best to use. Photios Brothers sell size fourteen and sixteen for really fine work.

Apart from straight necklaces, you can make fancy ones using patience and imagination. To make circles put on eight beads, double back and thread through the fifth bead again. Larger circles can be made by going back to an earlier bead so that the circle has more beads on it.



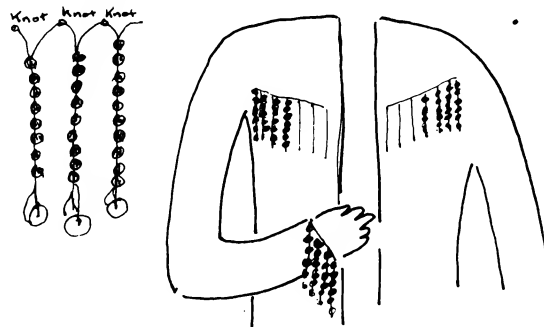
Another idea is hangings for windows or to use as chimes. I gather driftwood and shells from the beach. I drill holes in the driftwood and sew a length of fishing line from the hole. I then thread a few beads, then a shell, beads, shell, etc. until nearing the end. Then I sew on a large shell, knot and cut off.



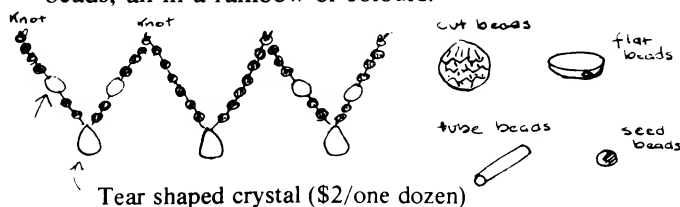
Many shells can be found with holes in them. Others you may be able to punch a hole through, using a nail and hammer. Wooden and larger beads look attractive on the hangings also. Bamboo can be used instead of driftwood but you may have to tie the thread around it rather than drill holes as bamboo cracks.

Clothes can be decorated with beads. You can make

bead fringes if you have heaps of patience. Rainbow colours look really great. You can make the fringe by knotting one end onto the place you want to start, threading the required length of beads, looping around and going back through all the beads except the last one, then knotting off, running the thread to the next place and beginning again.



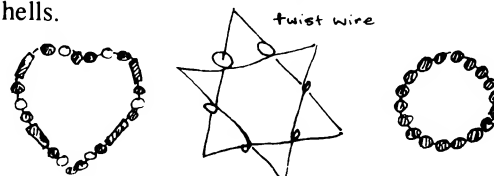
Another clothes effect may be gained by V-shapes. Many different effects can be gained by different sized beads — it's all up to your imagination. Larger beads can be tied onto scarfs and fringes sewn onto them. Crystals are effective but most expensive. You can buy cut glass beads, very pretty coloured plastic beads and tube shaped beads, all in a rainbow of colours.

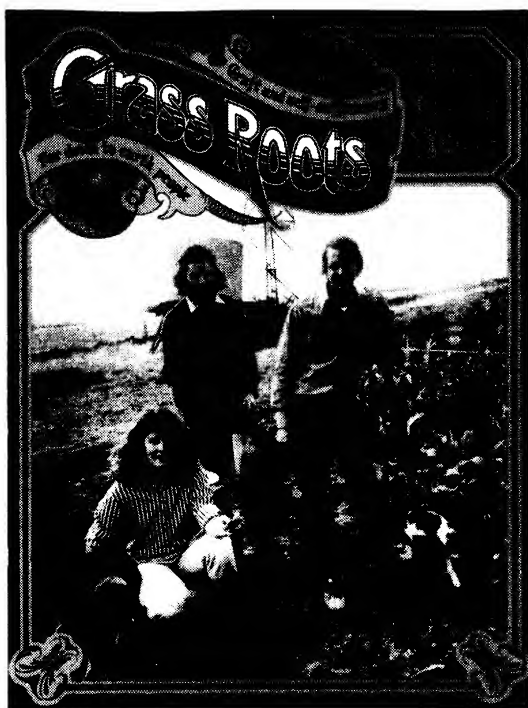


Small oval crystal 4mm (\$5/10 dozen Photios Bros.)

All can be bought in different sizes from 'microscopic' to 'large'. Photios Bros. sell only in bulk i.e. 10 doz crystals, \$3 packets seed beads, 600 plastic faceted beads — the more you buy, the cheaper they become. Maria George sells by the ounce.

Thin wire may be bought at Photios Bros., or fuse wire can be used. You can thread beads and bend into shape e.g. they make good Xmas tree decorations, make a chain of them and hang them from the roof, in a doorway or window, or make a mobile. You could sew them onto clothes or use at the ends of the windchime instead of the large shells.





### THE EARLY YEARS

Grass Roots, craft and self-sufficiency magazine, was first published in 1973. Since that time, readers from all over the country have been sharing their enthusiasm for a more independent lifestyle and passing on the skills and know-how needed to achieve it.

This book is a reprint, by popular demand, of the first five issues of Grass Roots which have been out of print for some time. In its pages will be found an amazingly thorough collection of hard-to-find information from making sleeping bags, insect sprays or dandelion wine to training a horse to pull a jinker, knitting straight from the fleece or raising an orphan lamb. As well, because the information is from the very first issues of Grass Roots, the book contains very basic recipes and instructions for making bread, butter, cheese, yoghurt and even sandals, flutes, and wattle and daub buildings.

Although *The Early Years* is an extremely useful reference, it is more. The warm, companionable feelings of those folk trying, failing, trying again and finally succeeding shine through its pages providing the stimulation needed to make your own personal choice of lifestyle a success.

**Price \$9.50 includes post and packing.**

### THE GRASS ROOTS BUMPER BOOK

Ever wondered how to make your own presents, your own gift and greeting cards and even how to keep the children occupied during holiday periods? Well there is all that and more in *The Bumper Book*. In this special Grass Roots publication, readers have come together in a Christmas celebration and offered to share their thoughts, philosophies and ways of living in their usual jolly, straightforward fashion. There are stories about self-sufficiency in Japan, Christmas in Holland, living in a converted dairy in New Zealand, and renovating a two century old home in Wales, as well as plenty of fact and fancy on life in Australia from the outback to the semi-urban. As usual, there are plenty of activities and these include homespun slippers, knitting a teddy bear, how to create applique bags and cushions, preserving herbs, printing your own wrapping paper, making gift and greeting cards, herbal gifts, papermaking and more. As well there is a giant section of ideas, activities and resources for keeping the children occupied during the holidays. And the mechanically minded can drool over a plan for a simple 12 volt waterwheel that has been working on the owner's property for fifteen months.

*The Bumper Book* is crammed full of the joy of living. It is certainly a delight to read and one that will be recalled often.

**Price \$4.50 includes post and packing.**



**Grass Roots Binders:** these are made from tough, dark brown vinyl with a white logo. They hold 8-10 magazines as well as *The Early Years* and any of the *Companions* or *Bumper Book*. An ideal way to keep your library together and prevent the neighbours pinching your back copies. Price \$7.50, includes post and packing.

**Grass Roots Back Copies — A useful reference. All one price — \$2.50 each posted. —**

6, 7, 8, Out of print.



**No. 9**

Solar hot water system, fairy web shawl, welding metals, haybox cookery, herbs, gardening, tethering pets, goat cheese and more.



**No.10**

Horse care, dome building, summer drinks, pot-pourri sachets, drying fruits, basket making, embroidery, corn letter from Renate and more.



**No.11**

Geese, owner-builders, producer gas, hand-woven shirt, breakfast, the house cow, natural cold remedies, Cotter, low energy housing, splicing.



**No. 12**

Tipis, keeping pigs, nuts and seeds, raw fleece rugs, ducks, boomerangs, pumps, nettles, tapers, home brewing, hair care, gardening and more.



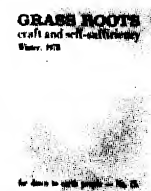
**No. 13**

Permaculture, soap making, earthworms, herbal teas, Bredbo, queen rearing, owner-builders, education and kids, Index 1-12, Renate, Jack.



**No. 14**

Recycle a windmill, soap making, permaculture, bees, applique, herbal teas, button making, tipis, fowls, musical instruments for kids.



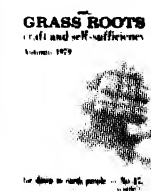
**No. 15**

Stained glass, wattle and daub, dandelion coffee, goats, spinning, Murray crays, beer, soap recipes, feeding native birds, self-sufficiency city style and more.



**No. 16**

Pigs, goats, pot-pourri, health, soap making interview, deer farming, bonsai, rag rugs, mud bricks, new vegies, rotary hoes, beer and lots more.



**No. 17**

Pheasant farming, batik, solar energy herb farms, Muscovy ducks, cultivators, cheese making, leadlighting, beer, urban forestry, cord buttons, horse and cart and lots more.



**No. 18**

Mud ovens, solar energy, no-dig gardening, raspberry farming, hay sheds, acupuncture, weaving, poultry, tractors, stone masonry, living off craft, a 98 page issue!



**No. 19**

Train a bullock, fireplaces, log cabins, pesticides, natural poultry keeping, natural health, goats, inkle weaving, selecting wool for spinning, cheese-making — another 98 page issue.



**No. 20**

Training goats to harness, unusual salads, stone house, make a lampshade, sourdough bread, eucalyptus candles, combating depression naturally, organic gardening, simple surveying, eating out and more.



**No. 21**

Balcony gardening, working donkeys and mules, knitting with handspun, bookbinding, fabric craft, cementing a water tank, minerals for health, amateur farming and more.



**No. 22**

Community gardens, renovating a wooden house, tip ratting, natural health success story, make a donkey pack saddle, yeastless bread, organizing a community market, poetry and more.



No. 23

Shoemaking – a small business, urban gardening, solar hot water, mud bricks, alternatives to milk, lease a farm, grow fruit from seed, start a country market, bantams and all the regulars.



No. 24

Small scale hydro electricity, butter making, life on an island, poultry shed, make your own canvas blinds, community building, saddlebags, turkeys, using and storing wheat, natural skin care, vegan recipes and lots more.



No. 25

Alternative schooling, make a kaftan, home-made spaghetti, select a water pump, outback diary, birth of a donkey, herb repellents, travel Australia, megavitamin therapy, make a root basket, eucalyptus oil, make a sheepskin jacket and more recipes from Renate.



No. 26

Guide to Queensland, poisonous plants, choose a horse, making chappatis, furniture refinishing, using weeds, woolcrafts, more donkey harness, weaving rugs, outback diary, introduction to worm farming, a vertical axis windmill, small farm stories plus all the regulars.



No. 27

Button making, windmills, ducks, build a pottery kiln, pigeons, saddlery, plucking geese, craft markets, cabbage pest, spinning without a wheel, motorized gypsies; another packed 98 pages.



No. 28

Make a tent, surviving venomous bites, macrame bouncer swing, bushfire safety, ducks, horses, simple butter churn, home grain milling, home-made wind generator, portable chicken coop, yurts, make a bridle and more – super deluxe 106 page edition!!



No. 29

Growing peanuts, vegetarianism, screen printing, making jam with honey, healthy felines, surviving naturally in the tropics, geese, new fruits, soy products, dripper irrigation, steam distillation, budding and grafting, felt making, 12 volt electric fences, energy self-sufficiency.



No. 30

Educating children, using a sickle, pigs, sheepskin boots, guinea fowl, homoeopathy, jojoba, mudbrick sauna, grafting fruit trees, wind power, make a halter, soymilk products, hot water systems, curing and smoking meat and fish, seed swap and more.

## GRASS ROOTS, BOX 900, SHEPPARTON 3630, VICTORIA AUSTRALIA.

### SUBSCRIPTIONS

Aust. \$16.00 for 6 issues  
Overseas \$20.00 for 6 issues  
Commence sub. with issue.....

The Early Years \$9.50 ..... \$ .....  
Bumper Book \$4.50 .....  
The Vegie Gardener's Companion \$4.40 .....  
The Earth Builder's Companion \$5.40 .....  
Back Issues @ \$2.50 .....  
Nos. ....  
The Stock Saddle \$9.95 .....  
Surviving in the Eighties \$13.95 .....  
Binders \$7.50 .....  
Stickers 54¢ .....  
Subscription \$16.00 .....

Total \$ .....

Name.....

Address.....

(BLOCK LETTERS PLEASE)

Postcode.....

(Office: Two Chain Rd., WAHRING)





## THE VEGIE GARDENER'S COMPANION

With the *Vegie Gardener's Companion* you can be self-sufficient in vegetables using a few simple garden tools and the space in your back yard. The book includes a whole host of gardening ideas and practices which include:-

- composting — techniques plus how to make a rotary composter
- mulching — materials and problems
- liquid manure — types, manufacture and use
- cover crops and green manures — which crops to use and why
- soil acidity and its adjustment — what pH means and how it is measured
- sowing seed in outside beds — soil preparation, cold frames, etc.
- ways of starting seedlings — how to get the best germination rate
- protecting the young plant — lots of homemade plant shelters
- extending the season — how to get plants in early and keep them bearing later

- saving and using your own vegetable seed — techniques and problems
- natural pest and disease control — practices and references to Australian and overseas publications.

There is also a survey of vegetable types and varieties whose seed is available in Australia and New Zealand. With these are detailed planting instructions which the reader can use to set out a plan of all the vegetables to be planted, when to plant them and which varieties to choose to space the crop over the season.

**Price \$4.40 includes post and packing.**

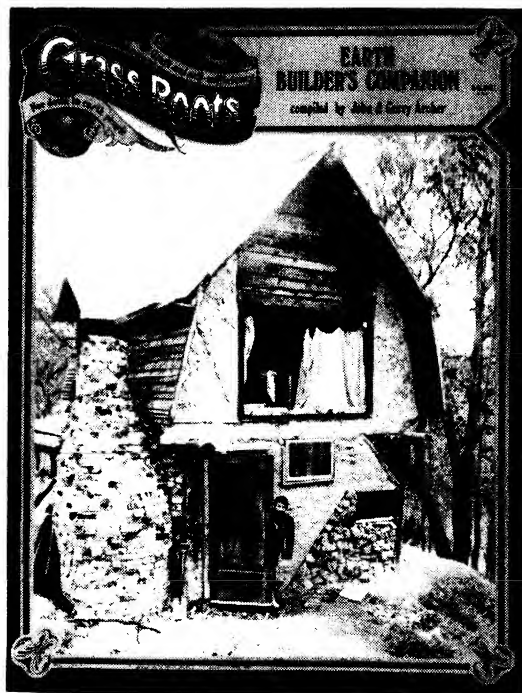
## THE EARTH BUILDER'S COMPANION

*The Earth Builder's Companion* is a manual on how to design and build your own earth house. Folks have been building these dwellings for centuries and many are still standing long after their builders have passed on. Earth is cheap and plentiful, so is your own labour; inside this book is the information you need to put a roof over your head without council hassles or a 25 year mortgage. *The Earth Builder's Companion* is full of illustrations of early and modern earth houses and contains practical advice on:-

- a modular house — how to build in stages
- design — principles and application
- low energy housing — orientation and eaves design
- councils and building regulations — how to approach them and where to go for help
- site preparation — levelling and layout
- foundations — all about concrete slabs as well as other low-cost methods
- making mud bricks — soils, sizes, methods and testing
- erecting the walls — laying bricks, different technique
- rammed earth — complete details on this method with examples of forms and modern ramming equipment
- roofs (including sod), floors, adobe fireplaces and mud cooking stoves
- coatings for earth walls.

Even if you are not going to build a barn, shed or mud brick toilet yourself, here is what others are doing for perhaps half the price.

**Price \$5.40 includes post and packing.**



**Grass Roots Stickers:** make new friends, let others know you are a reader: 54¢ (or two stamps) each, add 27¢ postage if not ordering with magazines.

# GROWING MUSHROOMS

By Geoff Williamson, Sanctuary Point, N.S.W.

Since becoming addicted to Grass Roots several issues back, I have seen a couple of requests for information on mushroom growing. I have written down our simple foolproof process because the information supplied by government departments is so complex that would-be amateurs are scared off.

The basis for our method was given to me by the late Raymond Maas of Sydney, who was the pioneer of mushroom culture in Australia. If each point is strictly adhered to, the beds will produce approximately one kilogram per square foot.

## 1. Prepare compost

Build up the heap with alternate layers of straw and horse or cow manure, or both. Include a light dusting of lime and plenty of poultry manure to produce maximum heat. Plenty of water too! Many growers use stable manure just as it is when straw is used for bedding. The minimum size of the heap should be six feet square and four feet high. The object of the heat is to kill off fungus, etc. and not necessarily to break down the straw.

After a week, turn the heap so that the outside straw is inside and more water added. Four or five turns are necessary before the heap is ready. The straw will then be brown and brittle and *not* greasy. If it is, add lime.

## 2. Making the beds

Lay out the compost in beds about six inches deep in a shed or boxes where the moisture content of the compost can be maintained. Sunlight and draughts are *out*.

## 3. Planting

When the compost has cooled and is at the correct degree of dampness, the spawn may be planted. The check for moisture content is to squeeze a handful of compost. If you are able to squeeze out any water at all, it is too wet — if no water escapes and the compost retains the shape of the hand when released it is perfect. Remember — too wet and the plant will die — too dry and it will remain dormant.

Poke holes in the beds about six inches apart and insert a teaspoon full of spawn in each. Cover with bags or papers to retain moisture until the plant is growing. It looks like a network of white cobwebs.

## 4. Covering the beds

At this stage, the beds should be covered with a layer

of moist sterilised soil. Any loamy soil will do. Just damp it down with a weak solution of Formalin and cover the beds with the soil to a depth of one inch.

## 5. Picking and Watering

In five or six weeks the beds will be cropping. The mushrooms should be pulled out *never cut*, and the holes filled with soil. Commercial growers start their preparations after Christmas and the beds will crop from February right through to September. You will pick two or three times per week and water after each picking. A good idea to ascertain the amount of water necessary, is to lay out newspaper and water them with a can. The amount necessary to damp the paper is the most that should be applied to the bed at one time. If the beds do dry out, water them several times a day until they are back to normal.

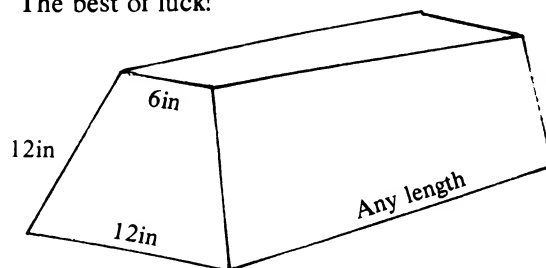
## Shortcuts and tips

Turning a large compost heap is back-breaking work, so if you leave the heap to cook for a couple of weeks and use only the inside of the heap, it is quite satisfactory.

When laying out the beds, put them on tarred paper or a thick layer of newspaper to keep the underground fungus at bay.

The beds may be constructed in the open quite successfully as seen by the diagram and after covering with soil, cover with about six inches of loose straw with bags over the top. This method entails more work but used to be used by commercial growers.

The best of luck!



Spawn is available from Victorian Mushroom Laboratories, Frankston Road, Carrum Downs 3200, phone 03-782-1202. It costs \$6 per kg, which will cover two square metres and produce 40 kg of mushrooms. Spawn is mail ordered to all parts of Australia and to Papua New Guinea.

# Distillation of Oils

By John Meredith, Picton, N.S.W.

The small still described by Nevin J. Sweeney in G.R. No. 29 using a Leibig condenser with a steam generator and extraction vessel will certainly work. So will the simpler device used by the professional eucalyptus distillers, made from a 200 litre drum. *But both are illegal!*

Any apparatus capable of being used as a still can only be legally operated under a licence issued by the Commonwealth Department of Customs. There are very heavy penalties and the law is rigidly policed. The reason is, of course, that these stills could be used to produce alcohol by distilling beer, wine or fermented mash and alcohol is a dutiable product.

Even the simple continuous-action still which I used to operate as a pharmaceutical dispenser to produce distilled water was used under customs control and had to be re-licenced annually.

In practice the small laboratory equipment described in Nevin's article would not be of much practical use in distilling essential oils from plants. The oil is present in amounts of from about 0.5% to 2% of plant substance. Not many plants yield more than 1%, so that at least 1 kg of plants would yield only about 10 grams of oil if the still and method of separation of oil from water was very efficient.

The method used by the professional bushmen 'Euca' distillers is worth a description. It is simple and effective. When the 'Euca' man found a good stand of the desired

species of Eucalyptus — *E. smithii* is considered to yield the best oil — he then looked about for a suitable creek.

Up on the bank, he would set up his retort which consisted of a forty-four gallon (200 litre) drum with a removable lid. This was set up over a fireplace, one-quarter filled with water and then packed with gum leaves. The lid was clamped on, or sat on and sealed with clay. From the lid a hose or length of 25 mm galvanised pipe led down to the creek bed. There, it ran along under the water for five or ten metres, then the outlet was brought to the water's edge and fed into a receiving bucket.

The fire was lit, the retort brought to the boil and kept going for an hour or two. Then the lid was removed, the contents forked out and the drum recharged. Generally the oil was separated from the water in the receiver by allowing it to stand and then decanting the oil.

As well as Eucalyptus, the oil was distilled from Tea-tree paperbark, *Melaleuca alternifolia*. This yields the tea-tree oil of commerce, which is a very powerful antiseptic.

*Note: On checking the by-laws relating to stills, we found that anyone could legally own a still as long as (a) its capacity did not exceed 5 litres and (b) it was not used for distilling spirits (alcohol). Therefore you can legally make or buy a still and use it for distilling herb oils as long as its capacity is not more than 5 litres i.e. a little more than one gallon.*

David and Meg.


## HANDY HINT

For goats with warts on their udders: rub the downy inside of a broad bean pod on the affected area and the warts disappear within a few days. Repeat treatment as necessary.

Reprinted from *Dairy Goat News* Sept., 1981, magazine of the N.Z. Goat Breeders Association (Inc.) 87 School Road, Maraetai Beach, Auckland, N.Z.

## PAIN RELEIVER

Apply a poultice of comfrey roots to ease pain. To make the poultice, boil the comfrey roots about thirty minutes in small amount of water. Take roots out and add about a cupful of corn-meal to about a pint of the water. Cook the meal until it thickens and then put it on a cloth. Cover with another cloth and place on painful area. This is also good for a sore throat. Apply poultice in the neck area.



**Folkwear 107**

**AFGANI WOMAN DRESS**

FOLKWEAR PATTERNS

FOR TRADITIONAL CLOTHES.....  
EASY TO MAKE, REUSABLE  
PATTERNS ADJUST TO FIT ALL  
SIZES. THERE'S A ROMANIAN  
BLOUSE, JAPANESE FIELD  
CLOTHES, A PRAIRIE DRESS,  
CHILDREN'S CLOTHES — AND  
MORE. THEY'RE PATTERNS  
FOR COMFORTABLE, PRACTICAL,  
BEAUTIFUL, HANDCRAFTED  
CLOTHES.

FOR MORE INFORMATION  
PLEASE ENCLOSE \$1.00  
AND WRITE TO:

TINKER TAILOR  
76 JERVOIS STREET  
DEAKIN, ACT, 2600.

## MUDBRICK BUILDING

Design Consultancy  
Standard Plan Service

Free booklet available  
(send stamped self-addressed envelope A4 size)

**Russell Andrews & Associates Pty. Ltd.**  
**67 King Street,**  
**BENDIGO 3550.**  
**Ph. 054-438-293.**

# UNDERSTANDING HORTICULTURE

By John Mason, Lilydale, Vic.

Some people seem to be able to grow plants with little effort at all. For others, gardening becomes some sort of awesome challenge in their life — they seem to get used to the failures but always come back fighting in the hope that one day, just once they might strike it lucky.

In my experience it is not luck which makes gardening a success — rather it is confidence, attention and appropriate knowledge. Perhaps the most common reason for failures in the garden is 'killing plants with kindness'. There are many gardeners who take plant care to extremes through lack of confidence. Some do not know when to water so overwater and the plants die from water-logging. Others, unsure of feed requirements, overfeed and burn the plant's roots.

In order to successfully grow plants there are basically two principles you need to know:-

- a. How a plant functions. Know what influences its growth (or lack of growth).
- b. Knowledge of different plants. Know differences in growth habits and requirements. Know the identification and culture of the plants you deal with.

## Understanding Plant Growth

There are several main factors which influence plant growth:-

**Pest/Disease/Weed Problems.** Here some other animal or plant is interfering with the normal functions of the plant.

**Nutrition.** Plants need nutrients to grow. Most of these come through the roots from the soil. If there is not enough of a certain nutrient or if its absorption by the plant is impaired in any way, then some aspect of the plant's metabolism does not function properly.

**Environment.** Temperature, moisture, air, humidity, wind and light. Conditions need to be within certain limits for a plant to survive and narrower limits for a plant to grow well. A particular plant might grow well between temperatures of 20°C and 28°C — outside of this it survives but growth is slow. The same plant may die at temperatures below minus 2°C or above 49°C. There are ranges like this for every type of plant both in terms of temperature, light, water and all other environmental factors.

The key to being a successful horticulturalist, professional or amateur, is to think in terms of these factors. Everything you do in gardening should relate back to pest/disease problems, nutrition and environment. When considering a soil for a plant think about the nutrients which are in it, the pest or disease which may be

in it and what type of environment it will create for the roots — too wet, too dry, absorb too much heat or too slowly.

## A Caution

There is an abundance of useful information on gardening but useful only if you can apply it to your situation. Remember, most gardening books or articles are written by people who have probably never so much as planted a plant in your area. Articles written by a gardener from Melbourne cannot usually be translated directly to a garden in Darwin.

There are many gardening books which are not accurate. You should always check that the author of a book is both qualified and well experienced. I myself, like to cross reference any information I read with at least two other books. If three books say the same thing, then I assume it is correct. If not I check a few more books first.

Plant labels can also be misleading. It is not uncommon for labels printed for a tree in Melbourne to be put on the same tree in an Albury nursery (everyone forgets that the tree grows quite differently in Albury from what it does in Melbourne).

## The Easy Plants

For some strange reason, people have a tendency to choose the more difficult plants to grow. For the beginner gardener, the gardener with limited time or perhaps the demoralized gardener who seems to fail at everything, there is a simple answer — why not stick to the easy to grow plants.

If you are growing berry fruit, raspberries and the bramble berries e.g. loganberry, boysenberry, youngberry, etc., are excellent to begin with. Strawberries need to be watered, fed and well drained and even then they usually last only two seasons. Raspberries can be planted and virtually forgotten and still provide crops for years.

If you wish to grow vegetables, try sticking to the ones which have minimal pest and disease problems. Avoid cabbage, cauliflower and lettuce which are usually full of grubs. Instead, try celery, potatoes, silver beet, radish and pumpkin which have very few pest problems.

Indoor plants are probably the biggest casualties in horticulture. In particular, in temperate Australia, we have a tendency to buy hard to grow tropical plants, put them inside our houses and then overwater them. Some foolproof indoor plants include most of the cacti or succulents, any of the bromeliads e.g. billbergia, aspidistra, many of the herbs or some of the hardier ferns e.g. fishbone.



# FOR US THE SIREN'S SONG WAS STRONGEST OFF THE QUEENSLAND COAST

By Don and Jose Robinson, Wild Cattle Island, Qld.

The breakaway from suburbia and the city rat race in Brisbane came for Don and I about eight years ago. When our family were all through High School, we opted for semi-rural living on the central Queensland coast. However after six years of that, then one year spent overseas boating in the Mediterranean, we've opted for living on a small sandy island in the sub-tropics. Having lived here now for two years, we are well and truly hooked on it. No more dreaming of distant horizons for us — we've found our Shangrila.

Herewith is our balance sheet of two years of Island Living 1980/81.

## Debit

No other people! We are the sole permanent residents.  
(Usually weekends bring other people).

No electricity supply from mainland.

No piped water supply.

No supermarket.

No mail delivery.

No telephones.

No drive-in movies.

No service station.

A television set? Yes, with good reception, but it seems to sprout little else but news of strikes, politicians bickering, overseas troublespots, road accidents and re-runs of dull boring trivia.

No newspaper delivery.

No garbage collection.

Possibility of cyclones from December to March.

## Credit

Great! Who needs 'em?

We generate our own electricity with a diesel generator.

We have three rainwater tanks and have dug two wells. We rejuvenated a 40 year old windmill to pump up the water.

We stock up once a month on goods we can't grow or make. We catch our own fish, crabs, have bee hives for honey, and 12 bantam-cross chooks for eggs.

We collect our mail once a week from mainland and any messages.

The calls of the sea birds are more musical than telephone bells.

We have an ever-changing kaleidoscope of interesting bird life and sea life without moving from our patio.

We buy our petrol and diesel in bulk for our 4WD vehicle, boat and generator. Don does all repairs and maintenance.

We get better entertainment (apart from our friends and families visits) from fishing, boating, beach-combing and working at several different crafts which we are both interested in.

We can still read the news just as well when it is a week old.

Everything possible is re-cycled or used in some way and we are forever looking to learn more ways of doing this.

Many more people lose their lives on the roads than in cyclones. We'll take our chances.



We cannot free-range our dozen bantam-cross chooks as there are too many predators like brown snakes, cane toads, sand goannas (some 1½ metres long), but all these have their place in the ecological system, so we endeavour to live and let live where possible.

There are myriads of nasty sandflies which magically appear each dawn and dusk, if there is little or no breeze. They leave itchy lumps on the skin.

No other canines for our dog to associate with.

No 'specialists' around to ask advice from when we are attempting one of our many amateur projects e.g. building our pottery kiln.

At least when the bantams are in a wire enclosure they can't hide their eggs or chicks, as they are prone to do. We do give them plenty of extra grass and roots daily to scratch amongst.

By burning dead mangrove branches in old four gallon drums, we create a smoke fire which instantly sends the sandflies packing. No place can be entirely perfect.

It imagines it is 'one of us' anyway.

We laugh a lot at our efforts and improvising is the name of the game. We learn by our mistakes and we've certainly learnt a lot from other Grass Roots readers.

## FEEDBACK ON NATIVE FORMULAE

By Yvonne Cowling, Boronia, Victoria.

I am writing in response to the article on formulae for young animals submitted by Susan Browne of Skipton, Victoria in Grass Roots No. 29.

Firstly, let me say, I have been a Registered Shelter with Fisheries & Wildlife for three and a half years and have had extensive experience in raising kangaroos, wallabies and possums. Thus my main reason in writing is that a number of other Shelter people who read the article are anxious about the Kangaroo Formula she is recommending. It may have been successful in the case of some wallabies, but we feel should *definitely not be used on kangaroos*. This would induce irreversible scouring within three weeks; the high concentration of vitamins alone is enough to do this. I would be interested to know how many people have used this formula with kangaroos and the subsequent results. Wallabies could possibly tolerate the concentration of vitamins as they are a quicker developing species. I don't doubt that at an *advanced* stage, say 14 months or more, kangaroos *may* be able to cope with this. I feel it should not go unchallenged as so many people read your magazine and could unknowingly accept this and inflict untold suffering.

Another area we would challenge is the inclusion in the possum formula of sugar or glucose. We feel no marsupial should be given refined sugar, as when they eat fruit the natural, internal flora breaks the food down into digestible sugars.

It is a very complex procedure raising joeys and we all feel that the aspects of warmth and comfort are the way we establish joyes in the 'foster home'. We are not coming out in a superior criticism but feel so strongly about a proven formula.

### POSSUMS

50 mls boiled water  
50 mls Bear Brand Evaporated Milk  
1 drop Pentavite per 100 mls.



### KANGAROOS

50 mls boiled water  
4 level teaspoons Digestalac (Chemist \$4.73)  
1 level teaspoon Farax.

For very tiny joeys who have to have micro organisms introduced into the system, to start the flora, give ¼ teaspoon of plain yoghurt three times a day till faeces change to a dark colour. Then give grass with a little dirt to suck or chew to keep the flora going. Grass, both dry and green should also be available at all times by tying a small bundle and pinning it to the pouch.

There is a man in Sydney, Geoff Smith, who makes kangaroo teats. They are long and slender and made especially for joeys. They fit a Pet Nip Nursing Bottle perfectly and are usually available at veterinary clinics or direct from Mr. Smith, 15 O'Shannassy Road, Mt. Pritchard 2170. Send cheque \$3.00 for five.

If people suddenly find themselves with an abandoned or injured native bird or animal, it is recommended they contact the nearest branch of the Fisheries and Wildlife (usually found in the Government section of the phone book) and ask to be referred to their closest Shelter lady. Melbourne people can phone Yvonne on 03-762-3803.

# WOOD FINISHING

By John Elliot, Box Hill North, Victoria.

Restoring the finish on old furniture is practical only if the piece is still sound. Modern glues and equipment have simplified the repair of furniture, but as with finishing, the main cause of failure is impatience.

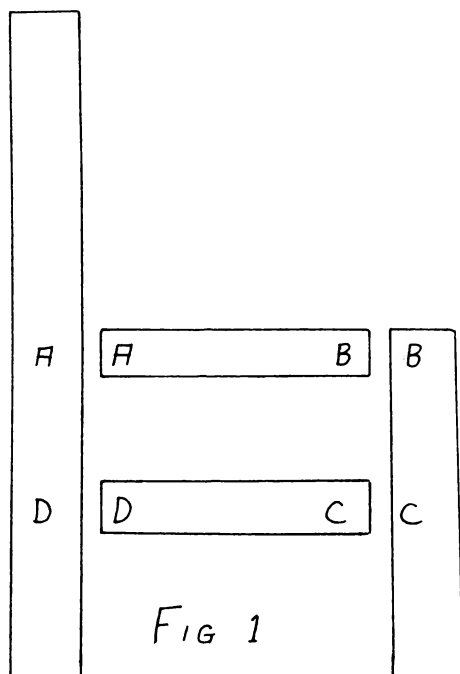
## Equipment

Don't rush out and buy any fancy equipment — all you need is a hammer, a sharp knife and some clamps. Glues come in various types and the most useful are white glue (Aquadhere) and epoxy (Araldite). Other equipment will be mentioned if it is necessary for a particular job.

## Chairs

Chairs suffer from three main problems:

1. Loose joints caused by either misuse or the glue breaking down with age. Mark each piece so you know how to reassemble the chair. The easiest way to do this is to use a soft pencil and duplicate letters or numbers on both sides of each joint. See Fig. 1.



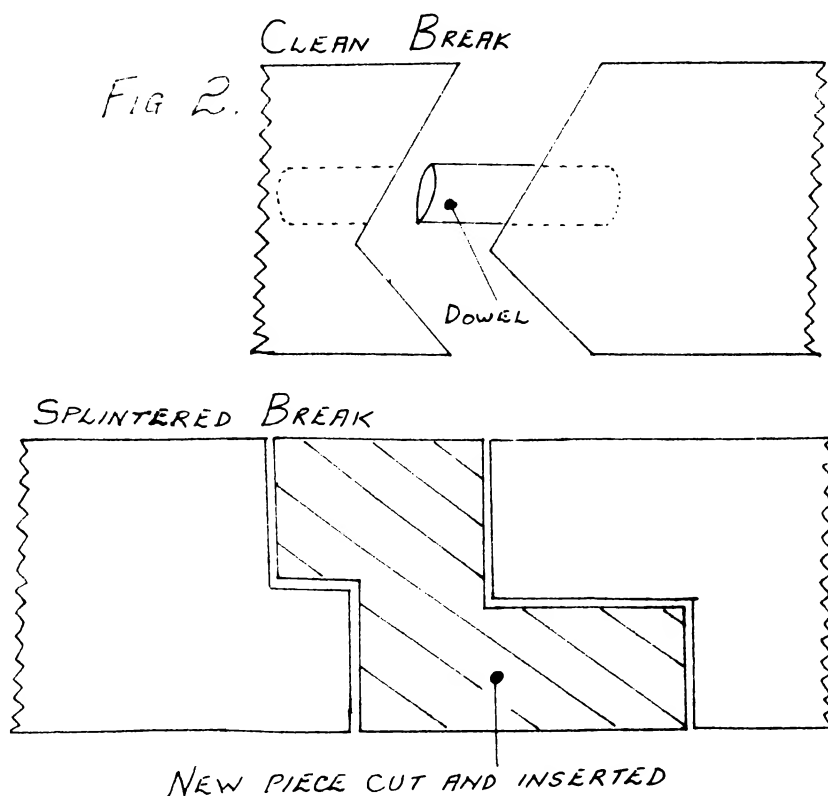
Separate the pieces by tapping with a soft faced mallet or with a hammer onto a scrap piece of wood.

Make sure you have found and removed all nails and screws. If the dowel or joints are sound, then clean off all traces of the old glue and re-glue. Clamp pieces together for the time specified on the glue container. Use scrap wood under the ends of clamps to prevent marks.

If the dowels are broken drill out all the old dowel and cut new ones. Various diameter dowel can be purchased at your hardware store. Glue into one side of the joint and allow to set, then reassemble. Broken joints can be tricky and are best left to an experienced person.

2. Broken rungs. Rejoining broken rungs is not very difficult. If the rung is square, use a dowelling jig (not too expensive) to drill a hole in identical spots on both sides of the break. Glue a dowel in and reassemble. If the break is badly splintered, you may need to insert a new piece. Turned pieces require extra care to achieve a straight join. See Fig. 2.

3. Split seats. Remove the seat and using a dowelling jig insert dowels at around 150 mm spaces down the split. There are metal marking dowels available that are cheaper than a jig and do the same job. Drill the holes in one side, insert the marking dowels and push the pieces



together. Make sure all edges line up in this operation. The points on the marking dowels will indicate the centres for the holes on the other piece.

A badly splintered split can involve considerable work to join together two straight edges, with adjustments to other areas where the seat touches. Depending on the value of the chair, it may be an easier solution to replace the seat completely or to upholster it.

### Veneers

A veneer is a thin sheet of rare or expensive wood glued over wood of inferior quality. Your major problems will be veneer lifting (see G.R. 26) and pieces broken out. The most difficult part is obtaining a matching piece of veneer. When you find a piece, cut an irregular shape larger than the missing piece. Make sure the grain will run the same way. Irregular shapes tend to blend in better under the final finish than squares and triangles. Lay the replacement piece over the hole and trace the outline. Carefully cut the edges of the hole to the inside of the outline. If necessary, trim to obtain a perfect fit. Glue the replacement piece in and clamp or weigh down till dry. Sand back to level.

### Tables

Split tops and loose joints are the problems you are most likely to encounter. Deal with splits the same as with chairs. Table joints are rarely dowel so find an expert and yell 'Help'. If the table top does not want to move after you have removed all screws, see if there are any blocks of wood between the frame and the underside of the top. A smart tap sideways with your hammer should remove these without damage to either the frame or the top.

Warped tops — see G.R. 26.

It is wise to strip the finish off any piece before starting repairs. Many screws are counter-sunk and hidden under a filler. If a piece cannot be persuaded to part, look for a hole that has been filled with putty or a similar filler. Dig into this with a *small* screwdriver so that the edge is not damaged.

Chairs can be reassembled in one operation using a rope as a tourniquet. Stand the chair on a level surface and protect the legs where the rope touches with a padding of cloth.


Large holes or pieces broken from edges can be filled using car body filler. This gives a hard fill that can be sanded to shape and when sealed, can be stained to match. Small holes and chips will fill successfully with 'plastic wood.' Some people prefer to leave marks in the piece to retain the 'antique' look — it's up to you.

When a woman is speaking to you, listen to what she says with her eyes.

*Victor Hugo.*

Life is a tragedy for those who feel, and a comedy for those who think.

*Jean de La Bruyere.*



## Village General Store

**SELF-SUFFICIENCY BOOKS AND EQUIPMENT**

BIO-LOO Waterless Composting Toilets  
 Solar Hot Water Systems  
 Solar Lighting and Pumping Systems  
 New and Reconditioned Dunlite Wind Generators  
 Billabong Hydraulic Ram Pumps  
 Rain Water Tanks  
 DALRAC Mudbrick Press  
 Mudbrick Moulds

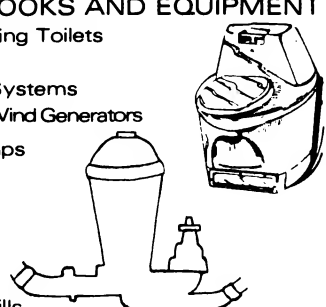
**HAND MILLS** Little Ark  
 Samap  
 Retsel Burr Mills  
 Juicers

**BOOKS** Self Sufficiency, Cooking, Farming  
 Gardening, Animal Raising, Building,  
 Childrens', Crafts, Folk Music, etc.

**GARDENING** New Gippsland, Diggers and Phoenix seeds,  
 incl. Permaculture and Herb Seeds. Organic  
 Fertilizers, Natural Pest Control.

**\*MAIL ORDER WELCOME\***


Now Open Tuesday to Saturday 9 a.m. – 5.30 p.m.  
 Sunday 1 – 5 p.m.  
 62 Braund Road, PROSPECT 5082.  
 Phone: 08-447-298.



## COUNTRY

### REAL ESTATE PTY. LTD.

JENNY DORNAUF 003-681-155



*We cover the north of Tasmania and list mainly rural property i.e. houses and land, rural blocks, farmlets, hide-aways, etc. and currently have listed:*

**Deddington:** One acre, 3 B.R. W.B., ample water. \$22,000.  
**Selbourne:** 26 acres, bush block, ideal spot to escape at weekends, surrounded by State Forest, good soil, views, no electricity, watered by spring. \$12,000.  
**Frankfurt:** 50 acres, bush, good access, 30 miles Launceston and Devonport, electricity, creek. \$10,000.  
**Derby:** Partly furnished 2 B.R. home, good condition, established garden. \$14,000.  
**Elizabeth Town:** 33 acres, good red soil, 7 acres cleared, timber includes select woods, new vertical timber and tiled roof home, 3 B.R. Would appeal to alternative lifestylers. \$30,000.  
**Land:** 8 acres close Legana and West Tamar, view of river, town water, buses, etc. \$17,000.

**47 William Street, WESTBURY 7303.**  
**Ph. 003-93-1220.**

# AWAY FROM THE MADDING CROWD



By Beatrice Campbell, Bairnsdale, Vic.

I am always amazed at the response to your magazine and the number of people longing to get back to 'grass roots' and away from 'the madding crowd.' We made the move last year, urged by our daughter, who was about to have her fifth child. As we had none of our other children living close, we finally pulled up our suburban roots — after forty-three years of marriage — and bought this big, old house on a wind-swept hill with four acres of rich, fertile soil. Everyone else thought we were mad as Don will be seventy next year and I'm not far behind. It was certainly a shock to the system at first, because we left behind a charming little home with every modern comfort and convenience, shops around the corner and neighbours a few feet away (to whom we hardly ever spoke).

For our age, we thought we had a busy life down there. Now we wonder how we survived the boredom of suburbia! Here on our hill, we cannot see another house, yet we have many very good friends a phone call away.

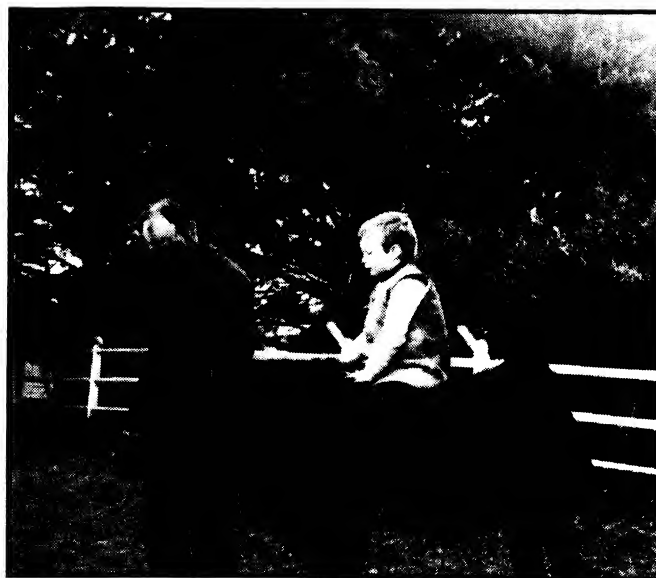
We have so many interests and activities that there are never enough hours in the day. We are both healthier and more active than we were twenty years ago. Housework takes a back seat as the climate lures me into the big, overgrown garden, or to work with my three calves which I have trained to lead and tether. They love being brushed and having their faces washed, much to the amusement and derision of the local farmers. One stalwart was heard to acclaim, 'A calf being manicured! Now I've seen everything!' But working with calves has strengthened my arthritis crippled muscles. Last year I could barely walk and could not bend or kneel at all. I have shrunk three inches with the degeneration in the spine and was warned that I'd be in a wheel-chair soon if I did not use the muscles as much as possible. The calves gave me enough interest to overcome the pain for a few months and gradually, I found I could work in the garden too. Now I am quite active, have lost a lot of weight and feel great.

We have a beautiful slow combustion stove in the kitchen, which is warm on the frostiest morning. The rest of the vast house is cold but we wanted room for our children and thirteen grand-children to stay whenever they can. When one of the families is with us, we light a huge fire in the living room. We have a permit to cut wood in the bush so we save electricity and money.

The house is solid but needs much renovation. Our original plans for this have flown out the window as costs rise and money vanishes. The view blinded us to everything else when we first saw the place and we've had many unforeseen worries and expenses. But all this is far out-weighted by the beauty all around us, the champagne air, the healthy life, freedom and happiness. It was the best thing we ever did during our forty-three years together. I must urge any older people who are hesitating, to waste no more time, to have no further doubts. Country life is the only life. How did we endure the city for so long!?

There is plenty of mental stimulation here, too. We are active in the Historical and Horticultural Societies and have learned a great deal over the last few months. There are societies for every taste — Field Naturalists, Veteran Cars, Stamp Collectors and so on. There are arts and crafts galore, painting classes, adult education, plays and concerts. Sporting competitions of every type are held in season, discos for the young and energetic, something for every age and interest — all this in the township thirteen kilometres away.

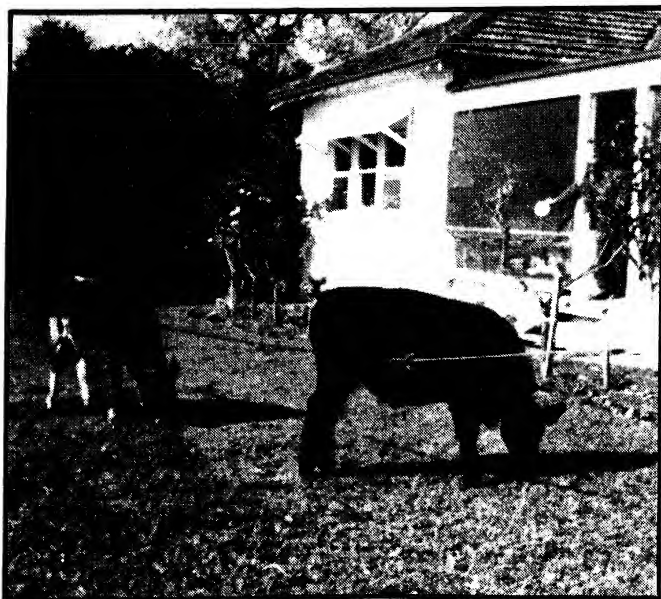
I wish I had more time to watch the native birds that abound in our garden — in spite of three well fed cats. We were so afraid the cats would frighten the birds away, but not so. I often steal a few minutes with binoculars, to delight in the activity in the trees and listen to the magic of birdsong everywhere. I love all the country sounds. One could hardly call the bellowings, bleatings, baa-ings and hee-haws all round us, music. But they are all part of



Grandson, Adam, enjoys a ride on Ross.

country life and fit in with the surroundings. There is always something going on even on our tiny plot. Next month we expect another calf. I pray this time it will be a heifer as I cannot bear the thought of slaughter for one of our family. That is why I wanted G.R. No. 19. It has an article about training an ox and I wanted to try to save my beloved steer. He is now a hefty seven month old and Don says he must go as we have not enough pasture for more than three adult cows and a few poddies. Our big Friesian has kept us going with milk as well as rearing three calves. I make butter and have plenty of cream. When the Jersey calves, I hope to make cheese from some of her rich milk. I've never had anything to do with cattle before, but now I am fascinated with them and have studied different breeds and feeding programs. We are going to use A.I. for both cows when the season starts later in the year. As Don's hands are too big, I'll have to milk the little Jersey myself. I've been practising each day when she goes into the bail for a feed. I was petrified at first but now we are used to each other. I brush her too, and she likes it as much as the calves do. Spoiling her no doubt, but as it is soothing I can see no harm in it.

Goodbye now. Good luck to you and the magazine and all 'Grass Rooters'. I hope many older people will take our path to the wilds and benefit as we have. Our seventies promises to be the best decade of our lives.



Two of our lawn mowers at work.

I Healed Myself of  
**PSORIASIS**  
**YOU CAN TOO!**

Read How in the Informative  
Handbook and Guide to Natural Living  
**'SORIASIS' by KENT TRUSSELL**  
Recommended Retail Price: \$3 or \$4 posted from  
The Author, C/- Cherrytree  
'The Pines', DUNDEE 2370.



# Poetry

## VOWS

You don't have to say  
You will always be here.  
Enough for today  
is all that I care.  
And if each tomorrow  
should grow into forever,  
then it's right that we two  
should always be together.

Don't become too predictable,  
I want to be surprised.  
And I'll be the same  
always changing in your eyes.  
But if we grow so close  
that we know each other's soul,  
then becoming one with you  
will be my only goal.

I don't want complacency,  
for love is too fine.  
So keep me fresh inside you  
so we're living all the time.  
And if it's to be  
that we grow old as one  
then my life was worth living.  
The best prize, I've won.

Maura Cain.

## FIRST MAN

I am the first man,  
I gather and hunt  
And look and see.  
And the colours before my eyes are shaped like birds — bright  
parrots and wild ducks  
And the colours before my eyes take the form of beasts  
Wallabies and wild dogs  
And the sky and trees and sea horizon are bold stripes of blues  
and greens.

At night my eyes see not so many things  
But my mind is filled with deepness and the sky becomes a nest  
of diamonds.

I am warmed by the sun and cooled by rainwater  
I am the first man  
And the colours before my eyes take the shape of birds and  
beasts and the sea in the distance.  
Daniel Ryan.

## THE KANGAROO

The driver's light  
is smashed  
His door won't open  
And it takes an hour  
to pry the mud-guard  
off the wheel  
The Kangaroo  
Cursed  
Bleeds whimperless  
in darkening shades  
of bewilderment

John Price.

## MY REVERIE

Reflections in a wine glass,  
or  
A walk on a frosty morning;  
When the grass sparkles in the morning sunshine,  
And birds land on a patch  
Of ice covered water.

When the air is clear as crystal,  
And the foliage stiff with frost;  
Or when branches are weighted with snow.

A campfire at night,  
With flames licking the darkness,  
Or when embers glow red.

These precious moments,  
In the silence of solitude,  
Bring to me Peace.

Paul Haugh.

## FEEL

The time to change  
And the needs are never met  
But what does it all matter  
When all that counts is love  
When the sun shines at night  
And dolphins live on ground  
Man may learn the true meaning  
What was meant — what is sound  
So the sun will sink  
And the waves will meet  
In the resting of our mind's feet.

Scott.

### GRANDAD'S FARM

*I saw a Goana in a tree, I saw him and he saw me,  
Nothing looks as fierce as he, but he has his place, so I let him  
be.*

*I saw a Koala in the tree, I saw him and he saw me,  
he looked so cuddly sitting there, I smiled, and left without a  
care.*

*I saw the King Parrots in the tree, I saw them and they saw me,  
With body scarlet and wings of green, they are the brightest  
birds I'll see.*

*I saw an Echidna near the tree, I saw him and he saw me,  
but his spines were standing straight, you see, so I waved to him  
and left him free.*

*I saw a Dingo near the tree, I saw him and he saw me,  
but he looked so beautiful and gold, I came away as I'd been  
told.*

*I saw the Black Cockatoos in the tree, I saw them and they saw  
me,  
With flash of red on heads and tails, they took to the air like  
colourful sails.*

*I saw these things on Grandad's Farm and I'll tell the kids  
when I go to school,*

*To leave the animals in the bush, and I'll tell them that's the  
Golden Rule.  
Liz Salmon.*

### REQUIEM FOR A DEAD PLANET

*Equating E with  $mc^2$ ,  
thus Einstein the way prepared  
that none now living should be spared,  
nor innocent nor guilty.*

*When searing light inflames the sky,  
three thousand million all must die —  
dust in poisoned dust to lie,  
their quietus eternal.*

*Warring nations peace will keep,  
plunged to everlasting sleep;  
for those who perish none shall weep  
with only dead to mourn the dead.*

*Relieved at last from battle's roar,  
silent earth lies free from war  
from that dread day for evermore.  
Requiem aeternum.*

*No more a plough the soil shall fold,  
ripening wheat-field turn to gold;  
nor steel from furnace run to mould —  
deathly stillness everywhere.*

*Suburban lawns rampage unmown,  
dead towns with jungle overgrown;  
through lifeless harbours oceans moan  
restlessly without an end.*

*No longer now an East or West:  
neither's might could prove the best  
when both lay buried with the rest.  
Requiescat in pace.*

*John Meredith.*

### DEPTH

*Water wondered if to say  
The shallow part there it lay  
With wings of seaweed, rocks and clay.  
All around it if to say!*

*B. Moore.*

# Kids Pages

Dear Grassroots,

I would like a penpal from anywhere except Queensland. I am a girl and my hobbies are stamp collecting and swimming. I'm nine years old. I don't live on a farm but we have chooks, ducks, turkeys and bees.

**Melanie Sharp,  
5 New Street,  
MARYBOROUGH 4650.**

Dear Mrs. Miller,

I am a nine year old boy and would like a penfriend. I will write to all who write to me. I live on six acres and I love all animals. I have two guinea pigs and I am trying to breed from them. I also have a horse, chooks, cow and three brothers.

**Keiran Chadburne,  
Lot 1005 Ramsay Road,  
ROSSMORE 2171.**



## COOK'S CORNER



### CRUNCHY COOKIES

- 2 tablespoons honey
- 125g butter or margarine
- 1 tablespoon water
- ¼ teaspoon bicarb. soda
- 1¼ cups rolled oats
- ½ cup coconut
- ½ cup raw sugar
- ½ cup wheatgerm
- \* Put the oats, coconut, sugar and wheatgerm into a large bowl.
- \* In a saucepan put the honey, butter and water and bring to the boil, stirring occasionally.
- \* Add in the soda, stir.
- \* Pour this over the dry ingredients and mix it all up well.
- \* Grease a baking tray with butter or margarine.
- \* Place heaped teaspoonfuls on the baking tray. Don't forget to leave some room for your biscuits to spread.
- \* Bake in a moderate oven (180°C. or 350°F.) for 12-15 minutes or until light brown.

## A Story About 'Star'



by Alison McIntosh

Last year, my sister Kerry and I raised a calf. Kerry is seven and I am nine and a half. We live on a farm. We have cows on the farm and my father sells the milk. The cows are mostly Jerseys but some are Friesians, which are black and white in colour. Our calf was a Jersey. She was brown and fawn with white on her forehead and white splashes on her legs and tummy. Dad said we could have whichever calf we liked as long as it was a heifer. We chose our little calf because she was so pretty. Kerry called her Star after the mark on her forehead. We taught her to drink from a bucket by letting her suck our fingers, then putting our hand slowly into the milk. Star would try to keep sucking our fingers but soon started sucking the milk, too. After a week, we did not have to put our fingers in any more.

Because she was our pet, we had to feed her before we went to school each morning, and again when we came home at night. We had to get up early in the morning to feed her as we had to catch the bus at eight o'clock. Sometimes our hands were very cold. We took Star to our school fete and she won a prize in the animal parade. Star is in the paddock with the other heifers now, but still comes up to the fence to see us. She likes us to rub her nose and she still likes to suck our fingers. She was a lovely pet.

What do you do to a blue banana?      Cheer it up!

# OLLIE OWL

By Susan Sawyer, Morwell, Vic.

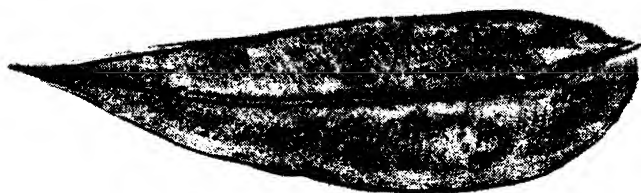
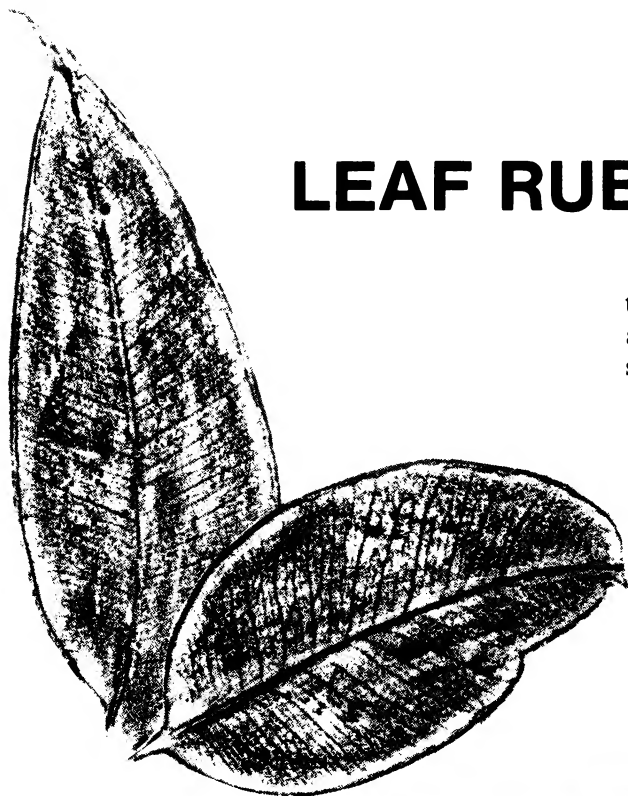
- Take a pine cone, half opened.
- Using the stem for a beak add small brown fronds of bracken or similar for wings. Just poke them into the cone.
- Make the eyes using a piece of cotton wool or cut out two oval shapes from paper and glue on.
- Run a stick or twig across the base and you have an owl. If you have some Supa Glu use this to stick your owl firmly to the stick or twig.



# LEAF RUBBINGS

You will need a number of different sized leaves. Try to collect those with pronounced veins on them. You will also need crayons or pencils, paper, string, glue and a small branch.

- Lay the leaves flat on a piece of paper. Place another piece of paper on top.
- Press the papers firmly together and colour heavily with your pencil or crayon.
- Cut out the leaf rubbings.
- There are several ways you can use your leaves. They make interesting gift cards, you could make a collage picture using material scraps and small twigs with the leaves, they could be tied with string to form a mobile or glued or tied to a branch to make a special indoor tree. You might be able to think of some other uses for them.



What's worse than finding a maggot in an apple? Finding half a maggot!

# While the Billy Boils.....

*We choose and prepare our food for two basic reasons: for the enjoyment it gives our senses and the nourishment it gives our body. Yet, unless it provides suitable nourishment for the body, the enjoyment of the senses is very short-lived.*

*The Soil To Psyche Recipe Book.*

While the Billy Boils is a regular part of Grass Roots and hopefully will spare you all the frantic hysteria of searching for a recipe you *know* is somewhere amongst the Feedback pages. If you have any favourite wholefood recipes for utilising surplus garden and orchard produce, or nutritious cake or bread recipes or even cookery hints, then send them in. We would all love to read them and try them out.

## HAY BOX FIRELESS COOKER

Dishes	Times for Cooking	
	Stove	Hay Box
Cod or Hake	15 minutes	2 hours
Stew	20 minutes	3 to 12 hours
Big Joint	1½ hours	10 to 12 hours
Small Joint	20 to 30 mins	4 to 5 hours
Boiled Old Fowl	20 to 30 mins	4 to 5 hours
Braised Fowl	20 to 30 mins	5 hours or more
Curry	15 minutes	6 hours
Porridge	10 minutes	2 to 3 hours or put in box last thing at night.
Vegetable Soup	30 minutes	4 hours or more
Boiled Potatoes	10 minutes	2 hours
Fruit	Boil well	Up to 2-3 hours

Meat puddings are best made in billy can or handleless saucepan. Stew meat, put on crust, let it cook till baking powder or whatever you use has 'risen' then without uncovering put in cooker four to five hours.

Any pudding with milk, eggs or baking powder must be 'risen' in the oven or on the stove. Milk puddings are a huge success made in the billy can. Any vegetables require a few minutes boiling before putting in box. It is absolutely necessary that everything be put quickly from fire to box.

You should be able to cook any of your recipes and any kind of food may be cooked, a longer time of course, being allowed. Two special points only must be observed.

1. The contents of each pan or pot must be absolutely boiling before it is put into the cooker.

2. If it should be necessary to open cooker and take out one pan the food in the others must be re-boiled (unless they can be kept well covered by mattress). Commonsense will soon suggest that articles requiring longer cooking (six hours) may be put in first and if it is necessary to open box for the next pan or pot, reboil the last one again and shut up altogether.

Joanne King.

## VEGETABLE CHEESE PIE

Make a good cheese sauce, add whatever lightly cooked vegies you have, top with mashed potato, sprinkle with cheese, brown in oven. Really good in winter.

I always cook brown rice by lightly frying till the ghee is taken up, then steam with a tight lid after adding water in the proportion of 4 cups water to 3 cups rice. At least in this way we are not pouring half the nutrients down the sink and the flavour can be altered in infinite ways by the adding of various spices, onions,

etc. at the frying stage, adding various vegetables when cooked. It is almost impossible to make gluggy rice in this way, providing it is not left on the stove longer than 15 minutes. If it still seems a little crunchy after 15 minutes, leave lid on after stirring for a couple of minutes extra.

Jackie Springett, Nightcliff.

## LENTIL BURGERS

2 cups lentils, cooked  
2 onions chopped  
1 egg  
½ cup fresh whole wheat breadcrumbs, browned  
Soy oil  
2 oz cheddar cheese grated  
Pinch each of mixed herbs, thyme and garlic salt  
or  
1 teaspoon Italian herbs (see G.R. 30 p.72)

Peel chop and saute onions in soy oil till tender and golden. After soaking overnight cook lentils in sufficient boiling water till tender. Drain off any excess moisture, mix all ingredients together and cool. Form mixture into rissoles and roll well in the breadcrumbs. Bake in 425°F oven on a well heated baking tray just covered with soy oil. Cook 15 minutes each side.

Barbara Warren, Ballarat.



## CARROT SOUP

(Serves 2-3)

1 medium onion, peeled and sliced thinly  
1 tablespoon thin cooking oil  
1 medium-sized stick of celery, trimmed and sliced  
½ lb (225g) fresh carrots, trimmed and sliced  
¾ pint (425 ml) water  
2 teaspoons soy sauce  
Sea or vegetable salt and freshly ground pepper  
1 heaped teaspoon freshly chopped parsley

Fry the onion in the oil for two to three minutes. Add the celery and carrot and fry lightly while stirring for a minute. (Use a wooden spoon). Vitamised fried vegetables and water together and return to the saucepan. Add the soy sauce, bring to the boil and then simmer for ten minutes with the lid on. Stir occasionally. Add parsley and salt and pepper to taste.

Lynn Davis, Sydney.



### MUSHROOM PATE

250 gr mushroom chopped  
2 sticks celery chopped  
4 branches parsley chopped  
Small onion chopped finely  
2 tablespoons butter melted  
1 egg beaten  
¼ cup non-fat cottage cheese  
½ cup breadcrumbs  
Pinch of each, oregano, rosemary, cayenne pepper  
¼ – ½ cup walnuts  
Black pepper and salt

Saute onions, put mushrooms, celery and parsley through fine blade of food mixer. Combine all ingredients. Put into pan lined with enough paper to fold over the top. Bake the pate 1½ hours at 400°F. Allow to cook in the pan. Remove paper. Chill before serving.

Robbyn Hutton & Robyn Morriset.

### PUMPKIN CAKE

8oz pumpkin peeled and sliced  
3oz butter  
1 egg  
1 tablespoon grated lemon rind  
1 cup raw sugar  
2 cups wholemeal S.R. flour  
2 tablespoons soy milk powder

Cook pumpkin in a little water until tender. Drain and mash. Cool. Beat together butter, egg, lemon rind and sugar. Stir in pumpkin. Fold in flour and milk powder. Pour into prepared tin and bake in moderate oven for 45 minutes.

Mary Spooone, N.S.W.

In Grass Roots No. 29 Donna Hicks sought advice on making yoghurt from soy milk. You can make excellent yoghurt from soy milk using either your own homemade or the store bought powder mixed per packet directions. Use your regular culture. Also here is a recipe for sesame milk yoghurt as this would be very nutritious. Make sesame seed milk by blending ¼ cup sesame seeds (unhulled are best by far) with 2 cups water, strain. Warm to blood heat and add culture. Wrap in wool blanket for 8-12 hours.

Trude, N.S.W.

We eat this as a pudding but I've used it as a birthday cake for a child on a gluten free diet.

### HAITIAN SWEET POTATO PUDDING

1½ cups cooked sweet potato (prefer orange variety)  
3 ripe bananas  
1 cup milk (I use soy milk)  
2 tablespoons honey  
2 egg yolks  
Pinch nutmeg and cinnamon  
½ cup sultanas

Mash potatoes and bananas and gradually work in milk. Add honey, spices and egg yolk and beat until smooth (or put in blender). Stir in sultanas. Put in greased loaf tin or round tin and bake at 150°C (300°F) for 1 hour till set and golden. Serve hot or cold.

Dannie McKenzie, Yandina.

### ICE CREAM

2 cups buttermilk  
1 cup conserve (jam is alright)

Mix together, freeze overnight until firm. Chop up and whip with electric mixer until fluffy. Cover and freeze firm.

Sue McLachlan, Tas.



In Grass Roots No. 28, Christine Heaslip asked for more information about bicarbonate of soda. I have a cookery book that advocates the use of it in cooking and I use it regularly in my baked goods. I take any of my favourite recipes, substitute the liquid in the recipe for sour milk, yoghurt or buttermilk and use bicarbonate of soda for my rising. I use a very small amount and therefore it is neutralized before it gets to the stomach. As an alkalizer it has no effect on our system except those on sodium restriction.

I shudder when I see some of the recipes sent in using baking powder which can contain aluminium sulphate, monocalcium phosphate monohydrate, calcium carbonate, calcium sulphate tartaric acid and other undesirable chemical compounds. It acts as a leavening agent by releasing bubbles in the presence of water or heat and water. Bicarbonate of soda releases bubbles only in the presence of an acid such as sour milk, etc. Neither has any nutritional value. The difference between the two is that some of the compounds in baking powder accumulate in the body while the compound that is bicarbonate of soda is easily eliminated. Bicarbonate of soda is used medicinally as a neutralizer for 'excess stomach acid'. This is undesirable as the stomach must have acids to work. One cup flour, ¼ level teaspoon of bicarbonate of soda and ½ cup buttermilk is a fair average.

Here is a recipe for a scone I make. It can be doubled using an egg in place of some of the liquid. One cup flour some soy, wheat germ and wheat – oats can be used in place of soy or wheatgerm. Into ½ cup buttermilk, add ¼ teaspoon salt, ¼ teaspoon bicarbonate of soda, 1 teaspoon each of honey and molasses and stir until dissolved. Mix into the flours to a firm scone dough, add more liquid if it is too stiff and more flour if it is too sticky. Cook in a hot oven about 10-12 minutes.

Moist griddle scones cooked in frypan at 180°C.

2 cups wholemeal flour  
1 egg  
½ level teaspoon bicarbonate of soda  
¾ cup pumpkin  
Pinch salt  
Little grated lemon rind  
1 tablespoon honey  
¼ cup yoghurt

Place flour, soda and salt in basin with rind. In blender put egg, yoghurt, pumpkin and honey. Whip up and stir into flour with knife. Cut into scones. Have pan greased and wiped out with paper towel. Put in scones, cook for 5 minutes with lid on and vent closed. Check if brown – if not leave a little longer then turn over and cook the other side. Don't make the scones too thick as they take longer to cook.

Doris Ward, Silverdale.

# OUTBACK DIARY

By Maureen Wright, S.A.

Barry and I travel a lot and we prefer to both work at the same time when we have the chance. On the gold mine we have worked together, not employing any other labour. From time to time over the two years we have taken a break to work at other jobs and build up our cash reserves and at these times we have drifted back to work mainly in the shearing sheds. It's an atmosphere we both enjoy. Barry is a woolclasser by trade and I'm usually cooking — a job I really like. Even the smell of a shearing shed conjures up in my mind, images of piles of cake and sandwiches and mugs of tea.

These days a contract shearing team usually numbers between nine and twenty-five men. In an eight stand team there will be eight shearers, two board boys, four wool rollers, a woolclasser, presser, boss of the board and the cook. A union ensures that accommodation reaches a satisfactory standard and it is usually good. The cook is provided with a reliable stove and usually two or three refrigerators as well as pots and pans and all equipment necessary to cater for the number of men.

The refrigerators are generally gas or kerosene and both of these need understanding and careful handling to get the most out of them during the hot weather. If they are reluctant to work it can be because they have stood unused for twelve months. Tipping them up or rolling them around gets the gases moving again. Since they rely on exchange of heat to the atmosphere to work they are inclined to freeze everything solid in the cold weather and defrost in the heat, so they need to be checked and adjusted frequently. Kerosene fridges have to be filled each day and the flue kept clean and the wick trimmed. Our caravan refrigerator works on gas. We find it quite efficient; from time to time we check that no soot has deposited in the flue and dismantle the burner mechanism to clean it out.

Working with a minimum of refrigeration has made me appreciate it more. In my grandmother's day she kept perishables without it— by salting, sprinkling with pepper, drying, preserving, using a cellar and a water-bag she weathered the same hot summers we moan about today.

Pastoralists who camp out at cattle mustering time must also keep their food fresh without refrigeration and I have been interested to learn how they do it. I'm told they can keep meat fresh for up to two weeks in cool weather by hanging it up to allow air to circulate around it at night, then bagging it up during the day and keeping it as cool as possible. A dry crust forms on the outside and if the weather is cool enough it can be left hanging night and day. I find meat hung in this way is more palatable than that



kept in a refrigerator or frozen. Perhaps a word of warning is in order here. Fresh meat kept in warm conditions can develop bacteria which lead to salmonella poisoning. Provided it is cooked thoroughly it will do no harm, but it can contaminate chopping boards or knives. Washing these with warm soapy water removes the bacteria but if the unwashed utensils are used to cut, say, salad vegetables which will be eaten raw the contamination can be passed on. For the same reason it is not a good idea to store uncooked meat against cooked meat or vegetables and fruit that will be eaten raw.

The more usual method of keeping meat in a mustering camp is by salting it. Various methods are used, but generally it involves rubbing pieces of fresh meat with large quantities of fine salt. Cuts can be made across the meat to help the salt to penetrate. It is then laid on wire racks or hung in a bag for about three days, during which time it loses a lot of juice and becomes salted right through. If the days are warm it can be packed in a bag and put in a cool place, then laid out again in the cool night air. After three days or so it can be wrapped in paper or calico and kept as cool as possible or placed in the refrigerator. It will keep much longer than fresh meat and is a pleasant alternative to corned meat.

## To Cook Salt Meat

Wash excess salt off the meat. Soak for a while if very dry. Bring to the boil in water to which has been added cloves, brown sugar or honey, peppercorns, bay leaf or vinegar. All of these may be used, some of them or none of them. Boil approximately half an hour per pound of meat. Serve hot with white sauce. Leave the remaining meat to cool in the cooking water. The cooked meat is grey in colour and very dense.

# GROWING GARLIC

By Manfred Wuellner.

Garlic has been called 'the divider of sense and the senseless'! If you eat garlic, you will more than likely lose all your bad friends, as the good ones will eat or start to eat it themselves. If your daily food intake includes 2% of its bulk in the form of garlic, your chances of getting sick will probably be much less. It is anti-poison, anti-radiation; so you are less prone to even sunburn. The all engulfing 'flu' is more likely to stay away from you or is overcome more quickly.

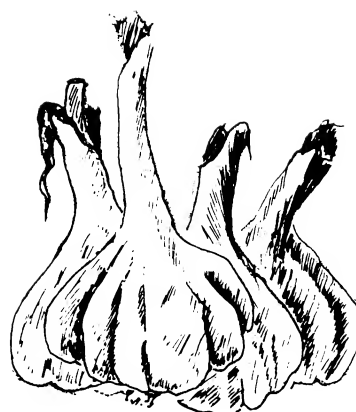
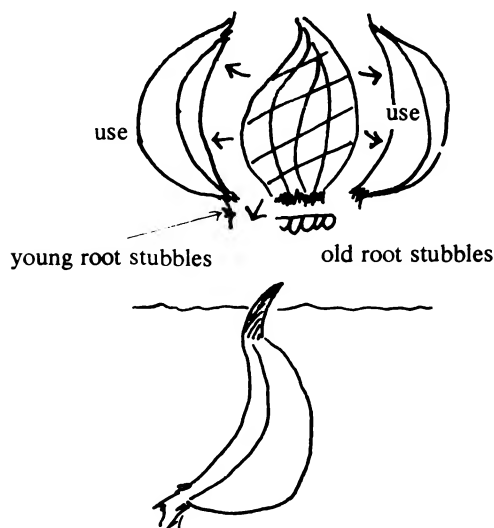
Two months after starting to use garlic frequently you *do not* smell out of every buttonhole. Your sweat, urine, stool and breath will have for some time the typical sweetish garlic stench as garlic is the most powerful 'stainless-steel broom' sweeping your body's system clean of many poisons and harmful heavy metals, tying them together to be transported out of your body. If you want to eliminate the strong smell from your mouth, chop parsley and garlic together to eat. You then have a perfect combination — a life preserver of most powerful character!

Garlic should *not be used* by people with too low blood pressure, or suffering from kidney troubles.

Garlic keeps cell walls flexible and so prevents early ageing. It increases glandular action and the amount of seminal fluid. It sweeps the capillaries and minimises the chances of having arteriosclerosis. It is antiseptic and surpasses many artificial chemical antiseptics.

The life-promoting, saving and renewing properties of this 'little stinker' are countless and convincingly strong. I can only say, 'live forever using garlic!'

## How to grow garlic



1. Plant in June to harvest in November.
2. Use 12 to 15 of the outer cloves (or toes) of the outer large ones for best results — use the inner ones for cooking or store on flat apple trays, for example, only one layer deep.
3. Plant 1 cm below the soil surface, 20 cms apart each way. (No-dig gardeners should not have any problem to press the toes with their thumbs into the required depth of soil).
4. If the soil is not moist, water immediately. Shoots will appear 2 to 3 days after planting.
5. Mulch heavily 2 to 3 inches thick as garlic needs to pick up and contain organic iodine for healthy functioning of all your glands.
6. Keep moist until the first sign of withering of the lower leaves, usually towards the end of October. When the top growth has died, pull garlic out, cut the roots if necessary, bunch by the dozen and hang in a shady, airy spot. They should keep from 12 to 15 months.
7. Keep the strongest bulbs for seed again.

Reprinted with permission from *Hogs Tales Autumn 1982*, the newsletter of Hunter Organic Growers Society, P.O. Box 403, Cessnock 2325. Subscription \$5.00 per year.

## Stringybark & Greenhide



**Australia's  
Bi-Monthly  
Folk Magazine**

- Songs
- Dances
- Poems
- Stories
- Reviews

**Stringybark & Greenhide  
P.O. Box 424, Newcastle 2300**

Enclose cheque/postal order for \$10  
for one years subscription.

Name .....

Address .....

..... Postcode.....

# Grass Roots General Store

I have just been looking at a glossy photo from the cover of an interesting book called *The Best Bread Book*. The cover photo depicts a cane basket full of homemade rolls, loaves and buns. Yum! I can also picture in my mind the supermarket shelf with its stacks of plastic covered, plastic tasting white 'sponges' that pass under the name of bread. Not a very satisfying picture.

Few readers will need to be reminded of the comparative food value between mass produced white bread and that which is home-made. However, not all folk will be aware that they can take another step towards improving their diet and health by grinding their own flour. White store-bought breads are made with highly refined flour, and if you use the same type of flour in home-made bread, one of the advantages — making a nutritious food — will be diminished.

Of course making your own bread has other advantages. You know when it was made, how, by whom and under what conditions. Likewise the flour you use — rather than have it stored for long periods, you can select the wheat, grind it when you need it and you know how it has been ground. One of the problems with highly refined flour is that the wheat is crushed under great rollers and the heat that is given off is thought to destroy much of the food value.

If you would like to grind your own flour, we can provide the equipment. The first thing to consider is the type of grain you wish to use. If you are interested in dry grains — such as wheat — and would like to grind them finely, you should purchase a 'stone' mill. This mill has two stone surfaces that rub together to crush the grain. The advantage is that it will grind the grain very finely, however, with stone mills you should use only dry grains. If you want to grind oily seeds such as peanuts (peanut butter), cashews (cashew butter), or wet grains (boiled soya beans), or if you just wish to crack dry grains (poultry feed), then a 'burr' mill is the grinder for you. A 'burr grinder' has two metal plates which rub together and are not adversely effected by oily or wet grains. Thus there are basically two different types of mills — stone mills and burr mills. The material you wish to grind, the amount of use you intend to give the mill, together with the financial consideration will determine the most suitable grinder for you to purchase.

The next step is to determine how the mill will be powered. Electric mills, which are expensive (\$400 - \$500) and heavy (not easy to freight) are *not* available through the Grass Roots General Store. However, we do have available a range of hand mills, including one that can be motorised (if you provide the motor). Also for those with a Kenwood Chef, we have an attachment that can be used.

## Mills

**Retsel Little Ark Hand Mill — \$69.00.** Perhaps the most widely used hand mill because of its reasonable price. This mill has fixed stones and can be used only for dry grains. The stones are replaceable, but it is unlikely new stones would ever be needed unless the mill was dropped. The stones should not wear, except during the initial period when the rough edges are being evened off. The flour would turn grey if the stones were wearing. Should major wear develop on the stones they are under guarantee and can be returned. The Little Ark is made in North America and is well constructed. It has some disadvantages: it does not have clamps like the other mills, but has to be screwed into position; the stones are close to the body of the machine and some kind of deflector must be used for ease of catching the flour, and it has an aluminium hopper. (For those who do not like using aluminium the hopper could be lined with grease-proof paper). The advantage of the Little Ark is that it can be motorised. Instructions for this are included with the mill and we can provide a suitable pulley set and pulley belt as an optional extra.

**The Corona Stone Hand Mill — \$59.00.** This mill is made in South America and is of reasonable quality but should not be motorised. Retsel stones (the same as used in the Little Ark) are detachable and a set of burr plates may be purchased as an optional extra. This is the main advantage of this mill, making it suitable for both dry and oily grains so long as you use the right attachment. If you expect to be inter-changing the burrs and stones regularly it may be more sensible to purchase two separate mills — one for each purpose.

**The Samap Hand Mill — \$159.00.** Of French make and without doubt, the best quality hand mill. It should be used only for dry grains and must not be motorised. An attractive mill, well designed with quality parts. Its ease of operation is determined (apart from the dryness of the grain) by an adjustable knob — the further the knob is screwed, the easier it is to turn, but your production rate is reduced. Performance of all the grinders would be 30 to 80 grams per minute depending on the type of grain, the dryness and the setting of the machine.

**The Bakers Maid Attachment — \$59.95.** Also made by Retsel, this is the attachment to the Kenwood Chef. It makes sense to use your Kenwood Chef if you have one, but like all attachments, care should be taken to ensure the Kenwood motor is not strained. It is a stone mill, using the same type of stone as the Little Ark and again, care should be taken with the kind of grain used.

# Grass Roots General Store

**Hand Burr Mill** — \$29.95. A Polish mill of reasonable quality. It has metal burr plates and is suitable for nuts, oily seeds and medium to coarse grain. A good mill, but it should not be motorised.

We also have available 2lb bread baking tins for \$4.95. These are professional tins, of good quality with blackened sides. We also have Saf-Instant, an active dry yeast for baking which is \$2.95 for 500 grams.

**The Best Bread Book** — \$7.95, Patricia Jacobs. Everything you need to know about bread making in an easy to follow style. Many of the author's original recipes are included.

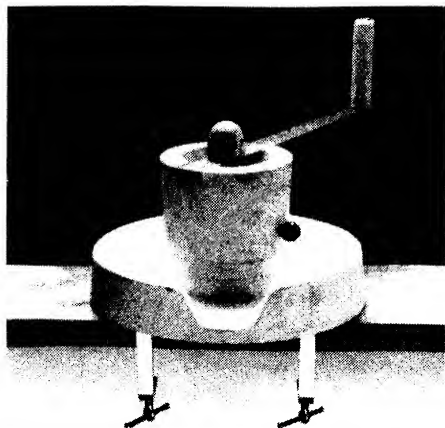
**Whole Grains. Grow, Harvest & Cook Your Own** — Fifty Delicious And Healthy Recipes. \$11.95, Sara Pitzer. More than just a bread book. Reviewed in Grass Roots No. 28, p. 92, but note the new price.

The policy of Grass Roots General Store is that wherever goods are in stock they are despatched as soon as possible. Please appreciate that our suppliers are sometimes out of stock and as some of the goods are imported, extended delays can occur — this is particularly so with books. If extended delays are expected we will write and let you know, otherwise allow several weeks and enjoy your purchase when it arrives. The prices are correct as at the time of publishing, however, in these days of rapidly escalating prices, the goods will be sold at the price ruling at the time of despatch. If there has been a rise we will send an invoice for the balance with your order. Please allow sufficient for postage and packing.

Little Ark Mill	\$69.00	2750g
Pulley Set	\$19.95	1750g
Pulley Belt	\$3.95	250g
Flour Deflector	\$4.95	100g
Corona Stone Mill	\$59.00	4500g
Metal burr kit	\$3.95	750g
Samap Hand Mill	\$159.00	9000g
Bakers Maid Mill	\$59.95	2500g
Hand Burr Mill	\$29.95	4250g
Bread Baking Tin (each)	\$4.95	750g
Saf-Instant Yeast	\$2.95	500g
Best Bread Book	\$7.95	400g
Whole Grains	\$11.95	500g

Please list the goods you require, add the weights per the table above and calculate the postage and packing by the table below:

	Vic/Tas	NSW/SA	QLD	NT/WA
1 - 400g	\$1.90	\$1.90	\$1.90	\$1.90
401 - 1750g	\$2.90	\$3.90	\$4.90	\$4.90
1751 - 4500g	\$2.90	\$4.90	\$5.90	\$6.90
4500 - 9500g	\$3.90	\$5.90	\$6.90	\$7.90
9500 -19500g	\$3.90	\$8.90	\$8.90	\$12.95



Samap Hand Mill



Little Ark Mill



# THE WELSH LOVE-SPOON

By B.M. Wieland in Dyfed, Wales.

It is doubtful if any young fellow today would take the trouble to carve a Love-spoon for his girl friend, or if the girl would gratefully accept one as a token of his feelings. But in Wales today the tradition of the Love-spoon lingers on though the making of them is confined to the Arty-Crafty workshop, and the sale to holiday visitors as a souvenir of the occasion.

Little is known of such spoons earlier than the 17th century, probably because of their destructibility, but many fine examples still exist in museums and collections, particularly of the Victorian era when sentiment ran hand in hand with long winter evenings which provided opportunity for young men to express their love in tokens of their own making. Traditionally the Love-Spoon is a token that belongs solely to Wales and has no place in history east of Offa's Dyke. Every feature and motif has a basic meaning, the most common being the heart for steadfast love, or the interwoven hearts for mutual affection. The spoon itself is a token of feeling — a promise to cherish and maintain the loved one for all time. The cross is a token of faith, and the chain symbolises togetherness. Keys and keyholes suggest the making of a home together and spheres trapped in a cage signify love safely contained, or maybe the number of children expected. A ring and a lock are self explanatory. Many love-spoons were carved by sailors away at sea and accordingly incorporated maritime symbols such as the anchor for safe harbourage, of the steering wheel for

guidance through life. The unit may not necessarily be a single spoon, but may be a pair set into a single carved handle, or even more hanging on rings from an elaborately carved plaque, but whatever the shape or size they all have one feature in common; they should be carved from a single piece of wood, which calls for skill and ingenuity in fashioning pierced designs, links of chain and trapped spheres. A well designed and carefully carved love-spoon is a thing of beauty, though it must be said that some are over-elaborate, clumsy, or even grotesque.

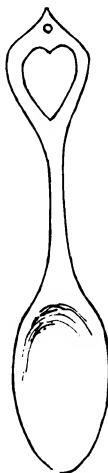
Whilst production today is mostly confined to the craft centre the article does not lend itself to mass production. Hence there is usually a range to choose from and they all bear the mark of individual treatment.

The first essential in making one is a piece of suitable timber. This should be knot-free, straight grained and hard, though not so tough as to be difficult to work. It should be well seasoned and free from 'shakes'. The size will depend on the number of motifs to be included but a spoon size of two to two and a half inches will give a handle that is neither too small to fiddle with nor too large to whittle. Much of the roughing out can be done on the bench and for that reason the design should be taken down from the rough all over rather than try to work to details in bits. It is as well to shape the spoon itself fairly accurately with the gouge whilst there is still plenty of solid in the handle to hold in the vice. After squaring off the timber the design should be drawn accurately on paper and stuck to

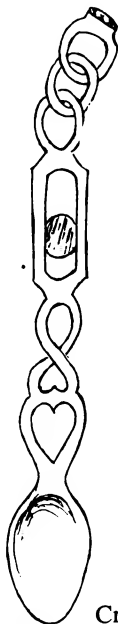
Spoon in Rosewood as made by the author



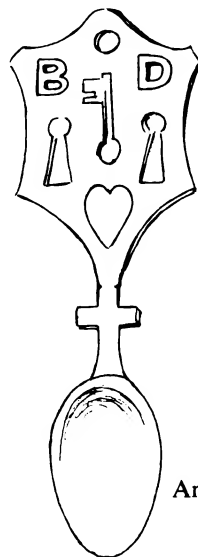
Simple design with heart motif



Two hearts, entrapped sphere chain and ring

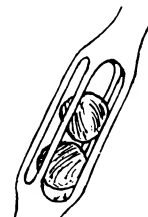
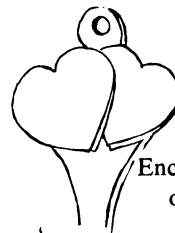


Cross, key and keyholes, heart, initials



Anchor for safe harbourage

Two hearts entwined



Encased spheres for secure love or the number of children wanted



Lock for security with initials

Examples of Welsh Love-Spoons.

the wood. Then take saw cuts at strategic points to outline where the surplus is to come off, but while it is still intact drill a number of holes so that the pierced work of heart centres etc., may be cleaned out without splitting. Having taken it down as far as one can with gouges, chisels and drills, the job is now dependent on a good pocket knife with a strong but fine blade — and an oil stone. So long as your wife has no objections this is fireside work. The shaping of the ball within the cage is tricky but need not overtax the

imagination, nor should the carving of the chain. The essential ingredients are a sharp knife, patience, never cut against the grain, avoid running with the grain and remember that it is a messy business trying to carve with a bloody finger.

A final rubbing down with glass-paper, medium and then fine, will enhance the whole, and a rub with linseed oil will bring out the grain markings and protect it for years against wear and tear.

# A KID'S EYE VIEW

By Margaret Salmon, Hivesville, Qld.

Many G.R. readers have at one time or another made that big break from the 'rat race' to a simpler lifestyle, or maybe they are planning it right now. This is not an article of philosophical notes for parents, it is a message to kids. Yes, us brilliant creatures who hold the future of this glorious universe in the palms of our grubby little hands.

No doubt our parents have weighed up the pros and cons of just how well their kids will adjust, but when the chips are down, it is we, ourselves who must learn to make the adjustment. Maybe I am preaching to the converted, but nevertheless I feel my experiences may help others who now find themselves in the same position I found myself in two years ago.

We were (and still are!) a happy family, living in the outer suburbs of Brisbane. I was a cheerful twelve year old (going on thirteen), who enjoyed her friends, trips on the trains, going to the pictures and partying. Most of my friends I had known since I first started school and we were all very close. Then (so I thought at the time), my idyllic paradise was shattered, we were to move to a place far, far away from all the familiarity of my own blissful little world. My sisters' visits would now be heralded by the use of a letter, instead of a quick phone call saying, 'I'll be over in half an hour'.

Well I found myself in this deserted, desolate, dump my parents called paradise, but I wanted to go home. There were many tears and trying times but there were happy times too, and sometimes these far outweighed the other, but still I wanted to go 'home'.

After having lived here for two of my teenage years, I am now able to decide for myself. This year I will be fifteen and I consider myself mature enough to be able to decide my own future (with a little help and guidance from my parents of course!). I have decided to go back to



Brisbane to stay with my sister and complete Grades 11 and 12 of my schooling. Maybe by then I might decide to go back to the country, who knows?

But with few regrets, loads of experience and the kind of education few 'city kids' can get from their parents, I know I'll never look back. After all, as Dad always says, 'Education is no burden to carry'.

## SOLAR FOOD DRYER

- Dries fruit, vegetables, herbs, flowers, etc. efficiently and naturally, even in weak sunshine, yet can be left out in most weather.
- Attractive design, durable construction, simple assembly, easy use, lightweight and dries up to about 5 kilos of material at a time.
- Kit includes all parts for dryer, produce tray, instructions for assembly and use.
- Price is \$45 including postage anywhere in Australia. Wholesale, retail and overseas enquiries welcome.



Order your solar food dryer kit from:

**PETER HUNT**

**P.O. Box 148G, Pascoe Vale South 3044.**

Phone: 03-386-2107, 10 a.m. to 10 p.m.



# COMPOSTING

By Chris Bartlett, Auckland, N.Z.

## WHAT IS COMPOSTING?

Composting is a natural decomposition of organic material in a controlled situation. The natural process occurs when any living plant or animal material dies and is digested by soil micro-organisms and larger things like worms. The humus resulting from this decay gives all soils their nutrient content and is consequently largely responsible for the continued growth of plants and in turn the nutrition of animals.

Household vegetable scraps can be disposed of using this natural process although various degrees of control are necessary to achieve the decomposition more readily and to prevent problems from flies and rodents.

Plenty of air is essential for efficient composting because most of the micro-organisms causing the decomposition require oxygen for their continued survival. In the absence of this it is likely that the heap will rot very slowly and cause unpleasant smells.

The main thing to remember is that composting is a natural process and as such does not require any elaborate techniques or difficult habits.

## WHY COMPOST?

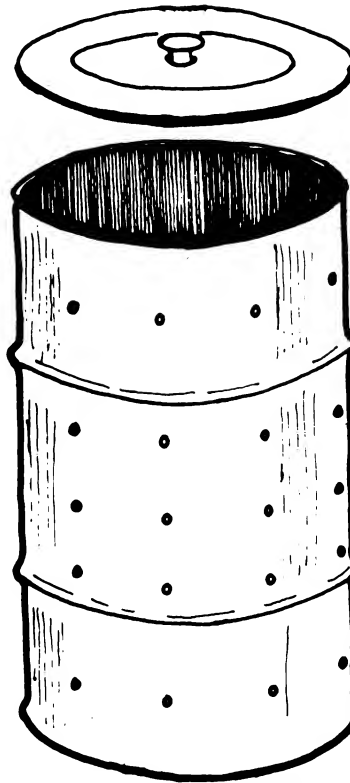
Very broadly, composting returns the nutrient content of plant material to the soil for the continued growth of other plants. The bacteria and enzymes in the compost also help make many of the nutrients in the soil available to the plants and prevent them being leached out into the rivers or the sea. The most direct advantages to the householder come from improvements in one's own soil — both the texture and goodness of the soil improve markedly. This is especially the case with heavy clay soils. The quality of vegetables grown in compost enriched soil is also greatly improved because of a wide range of nutrients not present in a lot of artificial fertilizers. If home composting were widespread, disposal problems involving large amounts of organic material at tip sites would be greatly reduced.

## WHAT SORT OF BIN TO USE?

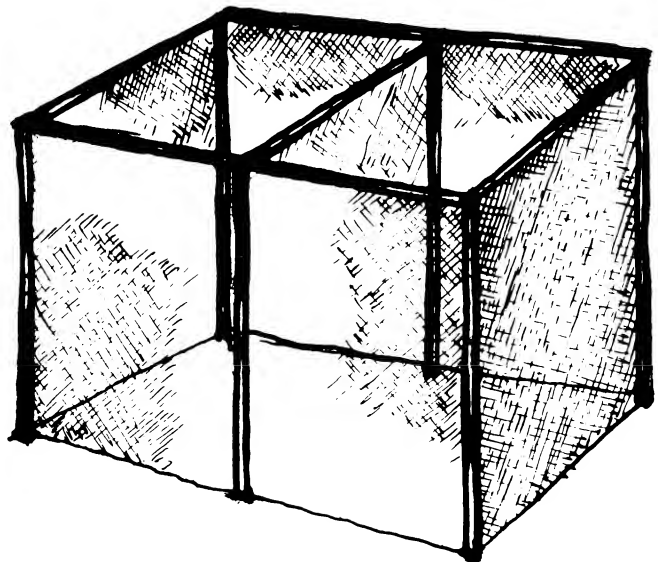
Commercially made bins are in no way a prerequisite to efficient composting but they do offer a very tidy answer for small sites. Bins can also be made from old 44 gallon oil drums, wire or plastic mesh, wood or bricks. The essential requirements are good aeration, a lid, easy access and sufficient capacity. The plans for a few possible bins are detailed.

## HOW TO USE A COMPOST BIN

Green material should be placed in layers about six or eight inches deep. Then a very small amount (a couple of spades full) of earth should be sprinkled over this layer before continuing. The addition of animal manure, blood



A simple bin can be made from a 44 gallon drum. Both the top and bottom should be removed and holes drilled to allow a flow of air through the heap. An old washing machine lid or something similar should be used to cover the bin.



A very simple bin can be made from several metal or wooden stakes, surrounded by plastic or wire mesh. This is best made in two parts for one to be working while the other is filling. This should be covered with old sacking, or some other sort of lid. To remove the prepared compost one should be able to remove the mesh from one or more sides.

and bone and a small amount of lime will further ensure success. It is possible to buy a sachet of compost activator from a garden supply shop and add the first time the bin is filled although this is usually unnecessary. For subsequent filling, it is best to retain a small amount of the previously made compost and add this in place of soil. The reason for all of these additions is to enrich the micro-fauna in the compost heap to speed up the decomposition process. Lime is added only to neutralise the acidity which can be caused by some types of vegetable material.

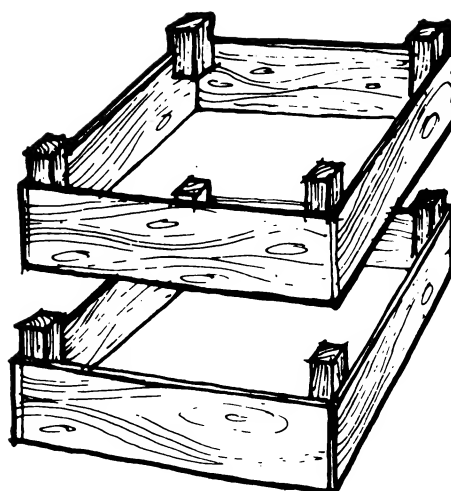
If the material is small and layered in this manner, in an efficient compost heap the process should take about six weeks to complete. This time will be even faster in summer and can be even further speeded up by turning the compost weekly. In warmer weather with turning, the process can be as fast as fourteen days.

## WHAT TO COMPOST?

All vegetable scraps, potato peelings, egg shells, lemon skins, weeds and the like, can be readily composted in even the most basic bin. Likewise, hair, nail clippings, more woody materials like hedge clippings can also be composted easily but it is best to chop them into small pieces to allow a greater surface to be exposed to the decaying action. Commercial machines are available but these tend to be very expensive. The same result can frequently be achieved by running a motor mower over the material spread on the ground.

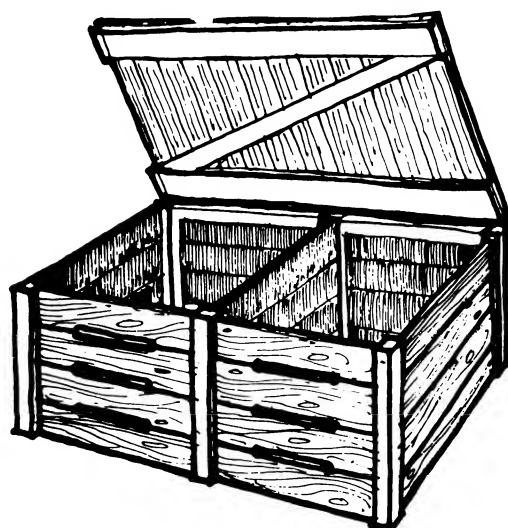
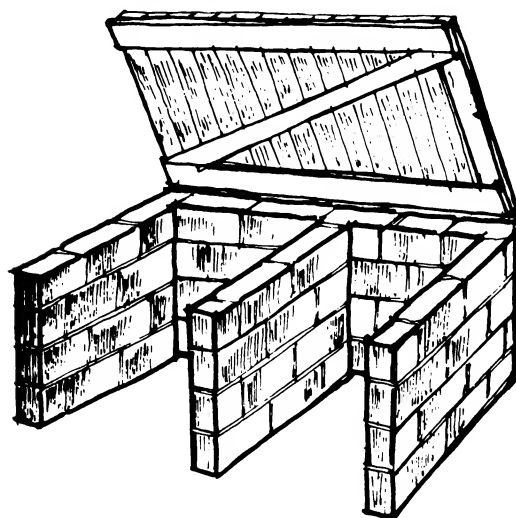
Most garden weeds will be killed by the heat generated in a compost bin although particularly prolific ones like Oxalis, best left out.

The addition of fowl manure or other animal droppings will greatly increase the efficiency of the composting process. This is not essential but will certainly increase the nutritional value of the compost. If one has large quantities of paper or woody material it is especially desirable to add animal droppings in order to balance the high carbon content of the wood with material which is rich in nitrogen.



This type of stacking bin has the advantage of being moveable around a section and can be extended to cope with large amounts of material. Each frame should be made from 6in, 8in, or 10in by 1in planking with heavier wood in the corners to secure the frames together.

More demanding structures can be made from wood, bricks, or concrete blocks as illustrated below. Again, holes for air and ready access from the front are necessary.



## MUSHROOM

A magazine of the New Zealand Alternative  
produced by and for the people.

Subscriptions:	New Zealand	\$6.60
(for 6 copies)	Australia surface	\$9.60
	Australia airmail	\$11.40

As general policy we accept subscriptions for only six issues. Please state which issue you wish to begin with (last issue No. 25).

**MUSHROOM**  
P.O. Box 6098  
DUNEDIN N.Z.

# Calendar Events

## Agriman Courses

June 26 — Goats Practical — Dairy and Fleece.

July 3 — Sheep Practical — Husbandry.

July 17 — Poultry Practical — Husbandry.

Enquiries: Peter Sporle, Agriman, Lyndhurst, Lowdens Road, KILMORE 3601. Phone 057-821-118.

## Permaculture Evening Classes

Commencing in June for eight weeks at CYSS Centre, Murwillumbah. Contact:

Lea Harrison, Stoddarts Road, via TYALGUM 2484.

## Natural Food Cookery Class

June 19th, 10-4 in sitting room of T.S. Hall, 334 King William Street, ADELAIDE. Ring 294-8007 for particulars.

## Handweavers & Spinners Guild of Vic. — Residential School

Residential school held at Lorne from 22-27 August.

Courses in loom shaped and loom controlled garments, basketry, lace knitting, spinning and weaving. Further details:

Residential School, H.S.G.V., 31 Victoria Street, Melbourne 3000.

## Mudgee Small Farm Field Days

Held at Mudgee Showgrounds July 16 and 17. Lectures and demonstrations of methods and implements aimed at improving productivity of small farms.

Field Day Committee, P.O. Box 12, MUDGEE 2850. Ph. 063-723-469.

# HANDY HINTS

## OVEN CLEANING

Dissolve two tablespoons of bicarbonate of soda in a pint of boiling water. Store in a screwtop jar. While the oven is still warm after use, quickly wipe over the inner surfaces with a cloth wetted in the solution. White smears will immediately form as the residual heat dries it. Leave these smears on until after the next roasting. Repeat the wiping. This time a great deal of dissolved grease will come off and the cloth will probably have to be thrown away. Keeping up this routine produces a spanking oven but the white smears remain.

## MAGIC CLEANER

Three quarters of a pound of white soap flakes, (Lux, etc.) Pour over two gallons rain water and boil till flakes dissolve. Add one and a half ounces of saltpetre, stirring very slowly until it is thoroughly assimilated. Strain. Allow suds to settle, skim off any top crust. Add one quart aqua ammonia. Bottle and cork tightly immediately.

It cleans silver, copper, brass, with the addition of a little whitening applied with a rag. Death to fleas, etc. Serves as a shampoo mixed with equal quantity of water. Renews carpet, removes grease from finest fabric without injuring. Rub over spots both sides and rinse in cold water.

# Commûniversity

n. Community dedicated to learning & growth. (see community, university)

We are a diverse group of people with a common aim: To set up a supportive community in a rural village atmosphere. We want our community to become a centre in which people can learn skills to help them live a more fulfilling life.

We're looking for like-minded people to join us. We've secured a 4100 acre property in N.E. N.S.W. We want to be on the land by the end of the year. It's a big project that requires committment from all involved.

We've prepared a detailed document which describes our plans. If you're interested in becoming involved, please write to the address below.

## COMMUNIVERSITY

3 Culliton Road

CAMBERWELL 3124.

Ph. 03-294-405 A.H. or 02-511-564 A.H.

# STUDY BY CORRESPONDENCE

## HORTICULTURE

- \*Horticulture 1,11,111
- \*Landscaping 1,11
- \*Hydroponics
- \*Propagation
- \*Garden Maintenance

## SELF-SUFFICIENCY

- \*Self-Sufficiency 1,11
- \*Mud Brick Construction
- \*Cooking
- \*Crops
- \*Herbs

## RECREATION

- \*Recreation 1
- \*Leadership
- \*Pottery
- \*Photography
- \*Guitar

Subjects can be taken individually or combined for Certificate Courses

Australian  
Horticultural  
Correspondence  
School



264Swansee Road, Lilydale 3140

Principal: John Mason,  
Dip. Hort. Sci. Sup'n. Cert. M.A.I.H.,  
M.R.A.I.P.R.

# Organic Growing

is a quarterly magazine about growing, storing and preparing food the natural way

Each issue is crammed with practical articles on organic farming, gardening, livestock and related subjects — all written in Australia for temperate Australian conditions.

Annual sub: \$6 to ORGANIC GROWING,  
Box 228,  
ULVERSTONE, 7315.

or enquire about bulk quantities for groups and shops.

## ORGANIC GROWING

(formerly The Organic Gardener and Farmer)

# CHIROPRACTIC

## PART OF THE HOLISTIC APPROACH TO HEALTH

By Susan Breslin, Carnegie, Victoria.

Most people who read Grass Roots are interested in an alternate lifestyle. They want to get away from a consumer culture that is both wasteful and selfish and instead learn how to put back what they take out and leave the world a better place. Alternate living is concerned with a quality rather than a quantity, developing your own initiative rather than feeling helpless and depending on 'experts' for guidance. It is about moving closer to nature and the pulse of life and death, about having more control over your own life.

Alternate living usually also involves a holistic approach to health and healing. This requires having the ability to see yourself and your emotional, spiritual and physical health as a whole. Experiencing an inter-dependence with your environment and taking responsibility for transforming the world into what we want it to be.

There are many forms of preventative and natural healing. Acupressure or acupuncture involves the use of needles or pressures being brought to bear on a troubled spot where there is a blockage of energy. This opens up the channels and allows the energy to pass freely. The homeopath treats the patient with small doses of disease causing agents which stimulate the body's own defences and immune system to fight back. Colour therapists believe that as sunlight is energy, so colour is an extension of energy. They utilise different colours for certain psychological effects that can also help heal disease in the body. Naturopaths see nature's powers and the body's own life force as being able to maintain good health. Reflexology involves the massage of the feet, as each of the lines of energy in the human body has a point ending in the foot. Each part of the foot then corresponds with an organ in the body. Stimulation of certain parts of the foot helps restore health to a diseased organ.

The chiropractor sees health as the adaptation of the internal environment of the body to the external environment. The body can maintain a constant temperature in all climates. It also maintains a constant supply of water, fat, salt, protein and carbohydrates and the body can call upon food elements by arousing a state of hunger or thirst. As defence against bacteria the body develops fever and also rids itself of injurious elements by sneezing, coughing and vomiting.

All incoming messages are received by the brain and spinal cord. These are sorted out and outgoing impulses are generated which travel to and are accepted by different organs. The nervous system forms a network throughout the whole body and it is constantly acting on all organs and structures, conveying impulses to and from centres in the brain and spinal cord. The nervous system serves as a link between the external environment and the psychological and physiological mechanisms, which bring about your body's constant adjustment to the outside environment.

Man's struggle to maintain an upright position has presented him with many difficulties as the basic pattern of the human body is unsuited to such a stance. Man's posture presents him with structural weakness in the spinal column and this in turn causes slight displacements

of the vertebrae and other distortions of the spine which threatens the support and protection of the vital organs. Falls, strains, abnormal movement and other injuries also cause misplacements and distortions of the spine. This causes interference with the nervous system with which there is close contact. A displaced spinal segment may cause irritation in the spinal nerve and cause little or no pain to the person, while still causing severe symptoms in that part of the body supplied by the injured nerve.

Because the nerves which pass through a single nerve opening between adjacent spinal segments may supply vital energy to many muscles and organs, the misplacement of a single spinal segment may undermine the total health of a person. Alternatively, the injured nerve may primarily supply one particular organ and result in disease of that organ.

Chiropractors have had much success in dealing with conditions such as arthritis, asthma, hayfever, changes in cardiac circulation, headaches, menstrual problems, cancer and many more, as well as conditions involving pain of the musculoskeletal system.

The chiropractor will normally treat the patient as a whole, asking about work, sleep, diet, weight, urination, bowel habits, digestion and breathing as well as wanting to know the complaint, its duration and previous treatment. He or she will give a physical examination as well as a chiropractic analysis, involving analysing the structural mechanics of the body by palpation (use of finger tips), mobility and muscle tests, X rays and measurements of effects of gravity. When even in the best of health, regular visits to a chiropractor can be a preventative measure against disease. Check-ups for any new misalignment and mechanical faults and consequently their correction by a painless, drug free therapy, known as 'adjustments', can ensure a healthy nerve supply to every organ in your body. The chiropractor can help maintain the self regulating system of the body which serves to correct deviations of health.

This preventative care, together with correct diet, exercise, relaxation, sleep, sunlight, a positive attitude and a simple lifestyle, can be part of the road to top physical condition and mental harmony.



# Down home on the farm...



by Meg Miller

Winter has us in its icy grip. Our noses are red, the long johns are out, and there are muddy slithers throughout the house.

Four weeks ago we were complaining about the heat. We are still complaining — this time it is the cold. Some people, you may well say, are never satisfied! Are our memories at fault? Why is it that when we are cold we only think of summer as gloriously warm and sunny?

Memory is a fickle beast that can recall untold useless facts but which dims alarmingly whenever car keys, reading glasses and important data are misplaced. Beyond the day to day details of life, our memories are usually very selective about past events. As we go through life, we store within, a personalised video of the people and events we have encountered. From these reflections we elicit meaning, order, detachment and the accumulating wisdom of age. If our mature years are a time of reflection, how sad it must be to find that much of the interpretation of these events has been in a negative vein. Unresolved conflicts, deceptions, disharmony, hard times are all a part of our lives. How do we put these into focus?

I would like to suggest that the way we interpret situations revolves around that oft maligned attribute, a sense of humour. As a wise person once said, *'Laughter is the cure of all ills.'* How very true! To be able to laugh, to be able to see the funny side of things, is indeed a desirable gift. A situation that appears grim one minute may well be viewed in a totally different perspective after you have sat down and had a good laugh at yourself, at the predicament.

During the years David and I have spent together, we have shared many trials and tribulations — sad times with little light shining through but others ranging from incredibly funny moments to noisy explosive altercations. What has brought us together during these times has largely been our sense of humour, in association with the desire to be honest and to communicate.

In the early stormy days of our marriage, I once initiated a fierce argument over what later turned out to be a hilarious situation. There was red dirt in our bed, almost as though a very dusty body had rolled among the sheets. It had not come off me, so it must have been David. I expressed my displeasure — why didn't he wash? He defended himself and pleaded innocence. It happened again and again and again. In fact it continued on and off for several weeks. I became louder, my accusations more

hard hitting. David alternated between injured silence and strident counter-attacks. The neighbours — only a few feet away on the other side of the fence — must have relished the excitement. Finally I arrived home from school one day and caught the real culprit — a dog! It appeared that one of our deerhounds regularly napped in our unmade bed and being a cagey old girl hastily 'abandoned ship' whenever she heard the front gate click. This day she had overslept!

We laughed for weeks. It was a sound lesson for us as the relationship we valued had been split apart over a silly unimportant event. The laughter we shared afterwards was strong enough to dispel the negative emotions the situation had exposed. The dusty bed debate was the first time we, as a couple, became aware of the need to relax a little and laugh a lot. Since then, both together and apart, we have shared many situations, attitudes and emotions, but mostly the laughter has been there, lurking in the background.

During the terrible fox onslaught of two years ago, when we were tired out, angry and sickened by the never ending slaughter, an occasional spot of humour squeezed through. Awakened one night by the blood curdling cries of a stolen hen, David, in a sleepy stupor jumped out of bed, grabbed the gun and ran off in pursuit down the moonlit road. It was a sheepish David who sidled up a little while later — starkers except for his gun — after having to take cover to avoid the headlights of a late night neighbour.

Another incident occurred a few years back which put new meaning into the phrase 'I could have died of embarrassment'. During a national census our local census collector called. An ordinary event you might think. Ordinary? We cringed for months after that incident. The poor lady walked in, knocked at the door, and looked casually around — straight into my eyes. I was holding court on the toilet several yards away. Being of refined character, she didn't know which way to look and I didn't know which would be considered the rudest — wildly slamming the door or standing up and pulling my overalls on with apparent unconcern. David saved the situation. He asked the flustered lady inside. Eventually I dragged my leaden feet into the kitchen, only to die of shame again. David had seated her right next to the refrigerator and there was definitely something terribly 'off' in there. He opened the door five times and our visitor

acted like a perfect lady the whole time; I admired her aplomb immensely. Needless to say we have never seen her since! It was so terrible all we could do was laugh.

Recently two situations have occurred which tested my inner strength and humour to the full. I love my animals and take seriously the responsibility I hold for their lives. By dint of experience, observation and labour I have minimized the number of accidents, especially fatal ones that would normally occur with the amount of stock here. But one evening, due to carelessness, I lost six very young turkey poults. It's easy to lose one, but six? Sounds impossible! Those little blighters could not be found anywhere! I searched. I called Chris to search, then David and Sunshine. In fact I was so industrious, I all but put my hand on a tiger snake. We had to stop and waste precious time getting rid of him. Darkness came — no poults. Not even a squeak. I continued late into the night — a flickering torch and a demented woman. When I rose at dawn there was still no sign. I really felt ill. Poor little mites, I thought, freezing at night or dehydrating by day.

Come evening a jocular poult walked out from beneath the verandah. Several more followed. We lay down with torches and searched under the house *again*. In the shadow of the chimney was the faint outline of a broody hen! She had taken the lost poults under her wing — no doubt both were overjoyed at the symbiotic arrangement. One poult stayed behind. We called it, we dangled its siblings up and down, we rattled food. Maybe if the hen moved it would follow her. We banged and clapped and shouted. David let off the shot gun to scare her out — no mean feat while lying under the verandah. I brought the hose around, squeezed under the verandah and tried to flood her out. No, she was not moving. So, mildly amused at our intensity, we philosophically counted our blessings and left them to it.

Next morning the hen and poult calmly walked out. Wouldn't you know it! We lightly refer to the whole shemuzzle as our 'Picnic at Hanging Rock'.

A month ago I lost T.T. who was a lone turkey poult hatched by a chook quite late in the season. After ten days the little fellow was abandoned when Mrs. Chook flew out of the yard exhausted and disillusioned by her only child. We called him 'Terribly Tiresome' turkey because he squawked continually.

One afternoon I bedded him down in his snooze box in our bedroom. When I came to get him up later in the day, the box was empty. Ho hum, here we go again I thought. I searched and listened, Sunshine came and helped, but T.T. was nowhere to be found. The cat appeared disinterested in dinner, I swished her with the tea towel, my suspicions aroused by the smug look on her face. 'That's life' I thought, no hysteria this time.

Five o'clock next morning I heard a squawk. I woke David. Had he heard it? At that hour of the morning he would agree to anything. I searched the verandah. No, it was in our room. In fact, in our bed! I searched through the

usual disarray of bunched blankets and lumpy eiderdown — a cat jumped out one side, a baby turkey the other! What a night! Hysteria is not well received at such an obscene hour. I almost promised myself to make the bed after that experience!

What do these slightly amusing anecdotes tell about life, about how one looks upon it and copes with it? Our own personal experience may be of little consequence to others; there is no anguish over the loss of a loved one, no threat to human life or property. What they represented for us was the opportunity to develop and practise our sense of humour, to learn to laugh when all seemed lost, helping us to develop the maturity that over the years we have sensed emerging.

We can now see a situation from more than one viewpoint and consequently do not get so deeply involved in the intensity of the moment. As well, we realize there is more than one side to any situation, more than one way of responding. Carrying blame or assigning guilt will not restore the original *status quo*. It only introduces negative feelings to an already upsetting state of affairs. Each situation we have encountered has elicited different responses and different emotions; it was our sense of humour that helped us accept the other's viewpoint and achieve a balanced perspective.

Our anecdotes form part of the memories we have of the last few years. Of course there is a vast wealth there from our earlier times and with care, awareness and the will to laugh, we hope to be adding to it for many years to come. Our responses to past events could have left us with angry bitter feelings and a completely different set of values. Instead our humour has added a new and brighter perspective to any event making life more exciting and giving us a more optimistic outlook. Was it Ghandi who once said, 'Freedom is not worth having if you cannot laugh at your own mistakes?'



# Land Link

I am 22 with a son three and daughter two. My husband and I wish to live a self-sufficient lifestyle in two years when we can afford our own property. Being 'townbred' we realise we have few of the skills and even less of the knowledge needed to embark on such a venture. We have decided that it would be best if I could gain some experience with farming i.e. goats, birds, vegetables, etc. I'm reasonably bright, hard working and do not partake in alcohol, drugs, etc. I would pay rent if necessary and would naturally like my children with me. I'm prepared to stay with any family or person for three to six months from October '82 onwards. I would prefer someone with kiddies or a liking for them. This is a genuine plea and I will answer all replies.

**Leeanne Cuming, 155A Eyre Cres., DAMPIER 6713.**

Having just perused with delight my first copy of Grass Roots, may I say what a fantastic mag it is. Having come from England last year on a working holiday and have seen only very little of Oz so far (mostly city life), it's comforting to know how many people are interested and practising alternative lifestyles.

This said, I would like to offer my help to anyone who can teach me some new skills/crafts. My experience has been two years with WWOOF (Working Weekends on Organic Farms) in U.K. I am 24, strong, fit, can drive, ride, cook and would prefer non-smoking vegetarians especially in the Victoria/Tasmania regions. As I am cycle-touring my train/bus expenses would have to be kept to a minimum. Sometimes it's difficult to ascertain the locations of adverts - could writers offer a more precise location please?

**Linda Morris, 43 Morley Road, SEATON 5023.**

I am currently living in Melbourne and wish to move back into country life. I have carpentry skills and general handyman abilities and am wondering if any Grass Roots readers living on property between Melbourne and Sydney would be interested in employing me for a modest wage or some barter system. My aim is to slowly explore the eastern coastline and hopefully find some resting place to call home and to re-introduce myself into alternate living.

My interests include creative manual work, organic gardening, meditation, bush walking, folk guitar playing, tree fostering philosophy (home potted variety) and wholefood vegetarian cooking. Being a vegetarian I would not like to work on a property where animals are killed.

I have spent the last year in Melbourne and prior to that I was in England for a few years. I have been over-awed by the degree of advertising that now goes on here and on such a vast scale, most of it destructive to healthy living. There are, of course, a lot of good things happening in the city but I feel my energies would be better suited on the land.

**Neil Hanna, P.O. Box 144, CAMBERWELL 3124.**

Brian and I will be setting off for a trip around the eastern states in the very near future. We will be self-sufficient in our Kombi but would like to meet and talk with as many alternative folk as possible. Among our special interests are co-operative holdings, owner built homes and organic farming. We have achieved about 70% self-sufficiency here on our 150 acres in SW Western Australia. We are currently building a stone and bush pole house and planting hundreds of trees, permaculture style. Here's hoping to share some warm firesides and exchange ideas with some happy positive people. Please write soon as we would like to receive your letters before we leave.

**Bev Collett, Box 102, NANNUP 6275.**

We have 25½ acres of beautiful undulating country on the south coast of N.S.W., 1½ miles off the Princes Highway approx. 30 minutes driving time from Bega to the south and Bermagui to the north-east. It has power connected, a dam and 1000 gallon water tank connected to a shed. The local school bus passes the property.

As we will not be in a position to move onto this land permanently for the next four to five years we are looking for a family (with or without children) with their own accommodation, to live on it rent free, and thereby put it to productive use. The property is natural pasture except

for two to three acres of trees and has a creek flowing through it during rainy periods.

The family we are looking for would have to be fairly self-contained (except for power and water) accommodation wise and be interested in developing a degree of self-sufficiency via small scale agriculture. We have access to livestock and material resources and therefore want a family that would be prepared to develop these resources firstly for their own immediate needs and secondly to fit into a long term permaculture oriented ecosystem. We would have no objection to vegetarians, however they would have to respect the fact that we are meat eaters and therefore will be keeping livestock for slaughter.

**Ross and June Riddett, 4 Reid Place, KAMBAH A.C.T. 2902, phone 062-317-190.**

For the past ten months we have been travelling around Australia trying to find a place where we would like to settle one day and have our farm aiming towards self-sufficiency. At the moment we are south of Perth looking around and trying to find work. Our plans are to follow the coast of Western Australia across to Darwin, then over to the East coast and home to Victoria by December. We would like to visit a couple of farms or communes during our travels. We have heard of a commune near Darwin and are interested in having a look and perhaps helping out. If someone from there could contact us we would appreciate it. We are also interested in land around the South coast of N.S.W., particularly Kangaroo Valley. If anyone out that way could let us come and learn and certainly help out for a week or two we would be grateful. In fact, if anyone, anywhere, has the time to teach us we would love to hear from you. It need be only for a few days but we would certainly lend a hand. We have a tent and our faithful EH Holden s/wagon that never ceases to amaze both of us as she just keeps going and going.

**Jane Elliot and Dave Heywood, C/- 31 Dickens Street, BLACKBURN 3130.**

Are there any persons interested in mud brick works? We are building a council approved 90 sq. metre cottage on a one hundred acre block, 20 km inland at Moruya, southern N.S.W. We can supply a small caravan and keep in return for a helping hand. There are about 2,000 bricks still to be made and all other materials are on site.

We are both in our early thirties. She, a relieving pharmacist, and he, a former local government engineer, turned truckie. He is starting full time work on the house after Easter.

**Ric Pass or Julie Brennan, C/- Post Office, MORUYA 2537.**

Who knows about rice growing? (Soil conditions, planting, how often to flood, where to get the seeds, etc.). We would like to exchange our knowledge about horses (training them for riding and driving in a carriage) with somebody who is an expert in rice growing. If you are interested to live for a while with us to teach us the know-how of rice growing and learn from us all about horses, then please write.

**Monika and Hans Mertiny, 'Bauhinia', COPMANHURST 2460.**

Is there anyone who would like experienced smallholders to caretake their places, gardens, and/or animals while they take a holiday or a break of a few days or up to a couple of weeks? Alternatively would they like some helping hands for a little while? We are a small family consisting of myself Sarah, Jules and our two year old son, Casey. We have a small holding in Wales (U.K.) where I grow and sell herbs and herbal products for a living and Jules (whos's an Aussie) is a carpenter and builder and also has experience as a mechanic.

We have come to Australia for a year and after working in Adelaide for a while, have bought a campervan and would like to travel round Australia and visit as many country people as possible. So if you could do with some help, or just wouldn't mind a brief visit from us (particularly if you have space for us to park our campervan for a night or two), we'd be really pleased to hear from you. We are hoping to leave Adelaide at least by mid-June, so please write to us as soon as possible. Letters will be forwarded to us after we leave.

**Sarah and Jules, C/- Prof. C. Horne, 12 Bracken Road, STIRLING 5152.**

# Land Link

I would like to 'live in' on a small farm in the area north of Melbourne e.g. Kinglake, Whittlesea, Romsey, etc. I am a 24 year old guy with a well trained German Shepherd dog. I have had experience on a farm my father used to own. I am fed up with living in suburbia and would like to help pay for accommodation on a small farm by assisting in manual chores. Please ring or write.

Remo M. Mazzocato, 146 Leamington Street, RESERVOIR 3073. Phone 03-460-8854.

I wonder if there is a woman amongst you who would care to spend some time with our family (mostly grown up and away from home). We live in a rural situation and indulge in most 'Grass Roots' type activities, making or producing as much as possible to suit our needs. If someone would like to learn, by participation, about farming and livestock, gardening, making dairy products and hand crafts, then I would be pleased to pass on my knowledge of these skills. Living on a farm can be a happy and rewarding way of life where one can get close to nature and down to basics. There is always more we need to know too, and most people have something beneficial to offer.

Ena Watson, GLENROWAN 3675.

Feel like a change? If you are inclined to sleep in the barn and like the smell of the noble cow (50), please write or better still come and stay. Bring your gum boots!

Geoff Morris, 'Glenbrook', CANDELO 2550.

I've given myself the gift of the rest of this year (and longer if I wish) to wander around Australia trying to be more myself and look at alternatives for living. I've already met some delightful people and have

learnt lots. I'm interested in seeing inland N.S.W. and would love to hear from people who wouldn't mind me dropping in to say hullo. If mutually acceptable, I may stay a day or two and give you a hand if needed. I'm relatively self-sufficient (car, tent, food).

Michael, C/- 220 Nott Street, PT. MELBOURNE 3207.

I have a 50 acre farm at Hope Forest (45 minutes from Adelaide near Kuitpo Forest at the top of Willunga Hill). It is a truly beautiful piece of country and others are invited to share in it. Some city folk may like to help me with the buildings, orchard and garden and help look after the livestock.

We can build them a house to use when they want, work, relax and enjoy life. I have lots of timber, iron and good building clay - we can acquire anything needed. There is an old brick dairy with power and water, which lined with floor boards and an extra wall with French doors, makes a cozy retreat from the wind and rain. There is plenty of water, scrub and giant gums and plenty of space.

At present there is a Welsh pony, four donkeys and twenty cattle and plans are to introduce all other forms of livestock and poultry in time. Also included is a truck, tractor, ploughs and most tools and equipment. G.R. principles apply. Families, couples or singles are welcome and the only charge is your concern and involvement. Interstate and overseas people who want to slow down to less than Adelaide pace are invited to share. Bring your ideas, energy, skills and love, but leave your prejudices at the gate.

Richard McCarthy, 59 Kensington Road, NORWOOD 5067. Phone 08-314-055.

## Unclassifieds

Unclassifieds are \$5.00 each and payment must accompany the advertisement.

**WANTED TO BUY:** One hundred acres undulating timbered unimproved land. Mid to far north coast. Do not mind inland one to one and a half hours drive from coast. Write to:

L. Maynard, C/- Post Office Box 920, NORTH SYDNEY 2060.

**FOR SALE:** Picturesque 11 acre property with all necessary facilities for a self-supporting farm, only 1½ hours from Sydney and ten minutes from Picton. The land is all arable loam. The bottom of the property is lightly timbered, the centre is cleared and fenced into six grazing sections. Town water is connected, there is tank water as well as the picturesque lake which holds approx. 100,000 gallons. There is also existing bore hole with casing.

Ample sheds, milk bail, feed shed, etc. Comfortable 13.8 square weatherboard home has built-ins, carpets and curtains, air conditioning, gas heating and many other extras. Good areas for vegie gardens. Fruit trees (22) already growing and yielding. Must sell urgently. Reduced to \$120,000. For further details please contact:

Brian Amor, Lot 10 Bargo River Road, TAHMOOR 2573.

## Seed Swap

Re seed swapping idea in Feedback G.R. No. 27, p. 15. I have heaps of bush basil seeds. I know they are reasonably common, but if anyone wants some, I'd like to swap for any variety of seeds of dye plants e.g. dyers woad, etc.

Carol Krick, C/- Post Office, LORD HOWE ISLAND 2898.

I have a few pounds (2 kg) of pigeon pea seed - *Cajanus cajan* - all of which I will swap for 20-30 seeds of *Prosopis Juliflora algarroba*.

The letter from Digger's Seeds. Half his/their luck with the *Leucaena* seeds. So far, those I have around the vegie patch have managed to grow to between three to four feet in ten months, and that includes the initial burst from seed and also being pampered in a shade-house for four months. They can only improve and I hope they do.

P. Rossiter, 59 Temple Street, BALLINA 2478.

## Late Feedback

Dear G.R. Folk,

I would like to hear from any lady (30-40 age bracket) who would be interested in accompanying me on a caravan tour of northern N.S.W. and Queensland for about six months. Daily expenses would be on a shared basis.

As well as having a holiday I intend to look for a block - about ten acres, where I can do my own thing after the holiday. I hope to be leaving about the end of August calling on the friendly G.R. folks who write into these pages.

Ian,  
P.O. Box 493,  
DICKSON A.C.T. 2602.

# Unclassifieds

**Unclassifieds are \$5.00 each and payment must accompany the advertisement.**

**FOR SALE:** Orchard-Farmlet of 11½ acres – \$95,000. Beautiful situation and climate, just 2½ miles from the friendly township of Glenrowan in north-east Victoria. Ten miles to major shopping centre. Approx. 650 fruit trees, mainly citrus and stone fruits for Melbourne market. Practically all varieties of fruits, plus almonds and walnuts for home use and local sales.

Very simple operation with the only busy times being two weeks in November (cherries) and two weeks in December (peaches). Income provides enough for modest living. Plenty of time and scope for sidelines, also space for a few animals and poultry. Neat three B.R. brick and W/B home, extensive shedding, ample water for home and irrigation. Secluded setting amongst the fruit and ornamental trees.

G. & E. Watson, Post Office, GLENROWAN 3675. Ph. 057-662-342.

**FOR SALE:** House situated in private lane on the outskirts of Captains Flat, N.S.W. – 40 miles from Canberra (¾ hour drive on sealed road). The house has three bedrooms and there are both fuel and electric stoves in the kitchen, with an open fireplace in the living room. Both town and tank water supply the house.

There is a creek immediately in front of the house (the house is flood free) and timbered hills to the rear. The garden has good creek loam soil and there are many old fruit trees around the yard. The place is ideal for anyone who wants to leave the city, but is not ready for all of the obligations (and expenses) of a farm. As a bonus Captains Flat is less than two hour's drive from both the coast and the snowfields. Price is \$18,500 O.N.O. Please contact:

Peter Rodgers, Numby Numby, ROLLANDS PLAINS 2442. Phone 065-858-239.

**FOR SALE:** Ten acres of land, five miles out of Dorriggo. Half pasture, half forest, fast running stream with waterfalls and swimming holes. Ram pump to garden and potential for small hydro-electric system. Elkhorns, ferns and orchids galore, 45 species of birdlife. All soundly fenced, adjoins state forest and has extensive views. Temporary house, workshop and two small cabins, also chook run. Bounded by Dorriggo museum railway with splendid curved wooden trestle bridge high above waterfalls – so steam trains at the bottom of the garden soon! Also, alas, bounded by Coramba road and some traffic noise, though not visible! Electricity nearby if needed, and fairly good opportunities for employment or self-employment in this district. Asking \$33,000, further enquiries to:

Bob McLeod, P.O. Box 117, DORRIGO 2453.

**FOR SALE:** We have 49 ha (120 acres) beautiful unspoiled bush block fronting Bombala River. Situated approx. 35 km from Nimmitabel, N.S.W. 2½ hours drive from Canberra, 1½ hours to coast or snowfields. On the block and overlooking the river is a new, fully lined and insulated cabin. There is plenty of wildlife, privacy, private swimming and fishing and tons of firewood. Also included are a Ford 2000 diesel tractor with blade and scarifiers, 5 KVA generator, water pump and fuel pump (all in excellent condition). Asking price is \$39,500 or \$35,500 for land and cabin only.

Tony and Hannah Washington, 19 Leven Street, SCULLIN 2614. Phone 062-542-914.

**FOR SALE:** Forty acres at Longwood East near Euroa, Victoria. Half untouched rocky stringybark hill, half cleared, gently sloping pasture. Elevated 700 ft with panoramic views. Permanent dam (even after dry summer) electricity along one (inconspicuous) boundary, telephone 200 yards away. Closest neighbour is stonemason and master builder, willingly takes on apprentices! First rate 'grass roots' network in the area. Caravan on site, optional, \$1,000. Price \$24,000.

Andrew Slutzkin, Binney Street, EUROA 3666. Ph. 057-952-011.

**LAND FOR SALE AT MICKLEHAM:** I have approx. 18 acres of undulating land with tremendous views, for sale at Mickleham. The farmlet offers great value and is a short 25 minutes drive from Melbourne

(N-W of city). I have fully fenced the property, constructed a million litre dam, formed a high elevated house site and road. I originally intended to live here but I have been transferred to the south-west of the state and probably will not return to Melbourne. There is a gully on the property which could be used to advantage. A slight erosion problem exists but I have taken steps to solve this. This is inexpensive and quite a challenge and anyone living near the property would encounter no problems. Asking price is around \$41,000 and I would be prepared to finance suitable applicants on \$20,000 deposit. For further details please contact:

Peter Sullivan, Lower Glenelg National Park, NELSON 3292. Phone 087-384-164 or Melbourne 03-386-5454.

**FOR SALE:** Lavender flowers, rose petals, sandalwood powder. The flowers have been carefully and naturally sundried to retain their natural colour and maximum fragrance – they are very light so you receive a large volume for a small weight. The sandalwood powder is of high quality and has a truly delightful fragrance. These materials are suitable for sachets, pot pourris, incense, etc.

Lavender, sandalwood – \$8¼ kg, \$14½ kg, \$25/kg.

Rose petals – \$10¼ kg, \$19½ kg, \$35/kg.

All prices are post-paid anywhere in Australia. Please write to:

Peter Hunt, P.O. Box 148 G, PASCOE VALE SOUTH 3044. Phone 03-386-2107 10 a.m. – 10 p.m.

**FAMILY PASTIMES** – Co-operation games from Canada. Our games foster the spirit of co-operation, of getting along with other players. Everyone co-operates to solve the problems or obstacles the game itself raises, and some of the games are purely collaborative in nature. These games are splendid for children and adults who want to have a different experience in game playing. Aside from specific uses as in schools, counselling and therapy, the games remain friendly forms of fun.

If you would like to find out more about these games, write, enclosing an S.A.E. to:

Al Rozefsky, C/- Post Office, MERTON 3715.

**WANTED TO BUY:** We are a young couple, 26 years of age and hope to bring up our family once we are established on some land. With winter coming along again, it will be great to move further north and buy a few acres with an old house preferably somewhere in the north N.S.W. coastal region. We would want electricity and either a creek with permanent water or bore water if no town water available. We would prefer to be far enough away from main towns for privacy but not too far to travel for work as we will still have to work a few more years at least to pay for our dream.

Alternatively, does anyone know of somewhere with some sort of paying work with accommodation provided for a few months whilst we look more closely around the area for permanent work and where we would like to buy. We are both very willing, hard workers and would have a go at anything from labouring, picking, factory work, farm hands to office work. We have good references and will answer all correspondence.

Judy and Mostafa Lahchiouach, 14 Gowrie Street, SHEPPARTON 3630. Phone 058-211-258.

**FOR SALE:** Two hundred and ten acres on north N.S.W. coast (Kyogle). One mile permanent creek, swimming holes, dam. Good fences. Dip yards. Timber in high country. Good flats, black soil. Adjacent rainforest. Can be sub-divided five times. Half completed cottage and septic. \$89,000 O.N.O. No agents. Contact:

Vic and Barbara Harris, 75 Mortimer Road, ACACIA RIDGE 4110.

**FOR SALE:** Angora stock. Purebred does \$100. Also registered Angora bucks \$100. Glenroy-Osory bloodlines. Excellent fleeces for spinning.

Write to P.O. Box 61, WARIALDA 2402 or ph. 067-2922, ask for 150.

**FOR SALE:** One 8,000 gallon steel tank mould complete. Would suit person just starting a self-sufficient farm. Excellent condition and what a bargain! Please phone A.H. 051-578-262. O.N.O.

# Unclassifieds

**Unclassifieds are \$5.00 each and payment must accompany the advertisement.**

**SHARES FOR SALE:** Two shares for sale being part of a 340 acre community (well established over ten years). Situated 7 km from Yandina, 22 km from surf beaches (S.E. Qld.) in a pleasant forested valley. Surrounded by state forest with permanent running creeks and unique swimming holes. The two shares for sale adjoin.

1. Six acres. Solid attractive timber house, work shed, dam large functioning garden, orchard of 130 fruit trees (23 varieties), many bearing, 2 rainwater tanks. Price \$30,000.

2. Ten acres. Well constructed timber cottage with tanks, attractive garden, horse yard and good open land for paddock or orchard site. Price \$25,000. Contact:

B. Gynell, P.O. Box 68 YANDINA 4561 or B. Lane phone 071-467-207.

**PART-OWNER REQUIRED:** Person interested in horses, stone cottages and biodynamics, to be half owner of unique Mornington Peninsula property (6 acres) \$22,000. Contact:

H. McIntosh, on 03-690-4854 or at 1/2 Heather Street, SOUTH MELBOURNE 3205.

**LAND AND WORK WANTED:** We are looking for land north of Port Macquarie. We would like a minimum of five acres, have \$25,000 and will consider any proposals:

1. Joint purchase and subdivision of large parcel of land.
2. Will consider taking finance on more expensive block.

I have always worked for myself and would be looking for work in construction, earthmoving or driving machinery – I hold a Class 5 licence. We must have at least two acres of flat fertile land as Kathleen would like to grow tomatoes again. We are honest and know what work is.

John and Kathleen Jingsen, 262 Princes Highway, NOWRA 2541. Phone 044-216-076.

**FRUIT AND NUT TREES FOR SALE:** Organically grown, budded and grafted trees available from June onwards. Trees include Japanese and European plums, apricots, plumcots, apples and pears. Double and triple budded trees also available.

We are now taking orders for next year's trees as well. These include apples, pears, peaches, nectarines, apricots, plumcots, plums, almond, hazelnuts, walnuts and carobs. We specialise in growing old, hard to get varieties and will be pleased to especially grow your particular order. For further information and a catalogue please contact:

Fruit 'N' Nut Tree Farms, P.O. Box 9, BUCHAN 3885, or ring Paul on 051-559-212.

**WANTED:** We are looking for a place of our own in W.A. where we can live at peace with the land and our fellow man, have some animals, make our own bread, grow a few things and raise our young children. We get along with most people and would not mind a share situation. It would be handy if nearby there was a school and somewhere my wife and I could get some sort of a job. I am a chef and am interested in farming and my wife has been an office administrator, but we would both be happy to try something different. If anyone knows of anything please write or phone – we are home most evenings.

Gerry and Lee, 43 Ryland Road, Rapid Creek, DARWIN 5790. Phone 098-852-242.

**SHARE FOR SALE:** One third share of 100 acres of land, 35 km north of Kyogle, northern N.S.W. There are two permanent creek frontages, no fences and access to the property but not within although there are some old tracks that can be developed. The land has a northerly aspect, runs from the creeks gradually upward and in the rear corner, shoots rapidly up 'Middle' mountain. Approx. 50% of forest cover is rainforest. It is so dense in parts that we, as yet, have not seen it all.

The asking price is \$13,000 for the share. This will cover legal expenses as well. We, Michelle and Jeff have already paid \$3,700

deposit and settlement will take effect in three months (approx. end May). Any potential shareholders will have to be quick because we do not have the money ourselves to procure the block – only out share. As a statement of intent, we would assume that a shareholder will pay a third share of the deposit. This amounts to \$1230. Legally the property will be tied up under 'Tenants in Common' with 'Joint Tenants' arrangements within if applicable.

We aim to preserve the rainforest so large scale farming is not on. We are not overly fanatical about most most things and wish for other similar minded folks to join us. If this dialogue appeals to you, please contact us quickly. We need you and you may need us. Please send address and if possible a phone number.

M. Benson, C/- Post Office, KYOGLE 2474.

**FAMILY WANTED:** We are new migrants from Germany aged 32, 31 and 12 who have taken the first step towards buying 562 acres of land near Port Macquarie, N.S.W., and we are looking for a family to share our land. It has all potential, permanent water, partly cleared, etc. We are planning to do a little vegie growing for markets, bio-dynamically of course, and run a few stock.

We are in a sense religious being Sannyasins, which means we aim at being straightforward, unmasked and honest. We are non-smokers, no drugs undogmatic vegetarians. The financial part is easy, approx. \$5000 - \$10,000 to start off and the rest to pay off at 14% interest. It is essential that we have a good feeling toward each other. So if you have a warm feeling when reading the above and are about our age with child or children around twelve, write or visit Friedemann, Doris and Vera Howorka, 12 Loftus Street, FAIRFIELD 2165, Sydney.

**FOR SALE:** Colonial style house in excellent condition on two acres with sheds, fencing, chicken pen, water storage tanks with an electric pump all in working order. The property is situated at Whyte Yarcowie, a tiny town (railway station, pub and post office) 200 km north of Adelaide on the Broken Hill Highway. The land is suitable only for running stock and/or for growing grains and animal fodder as the water is saline (3,000 parts per million) and will not grow most fruit and vegies. Price \$17,000. Also I am looking for one to five acres in Victoria with or without house for under \$20,000. Would also be interested in a share in a community or co-operative.

Rosemary Littlejohn, 62C King Street, MILE END 5031.

**FOR SALE:** Near Gympie, Qld., 14.4 ha red volcanic soil. Approx. 390 Pecan nut trees 20-50 years old, bearing, with some Macadamias, Bowen mangoes, avocados, assorted citrus. Large established vegie garden with water from springfed creek. Three B.R. home (built approx. 1919), new extension, septic, slow combustion and gas stoves, electricity, phone, tank water. Primary school half mile away, high school in town, bus nearby. Quiet area, wild turkeys, many birds. Property has potential for further tree crops. Pecan production could be increased, or just a beaut place to live. Price \$110,000 O.N.O.

Phone Trevor or Helen Clatworthy, 071-843-352.

**FOR SALE:** We have a \$4,000 share in our 186 acre Co-op. for sale. The Co-op. is situated in the Tweed Valley about seventeen kilometres south of Murwillumbah. At our last meeting we decided to give an alternate minded lady the chance to buy the share. We have found that most of the people looking for shares are single males and we have enough of them. There is a three month 'get to know each other' period so the applicant must be able to camp on the land for that period. For more information please write or call in to:

Nullem Co-operative, C/- Post Office, UKI 2484.

**LAND FOR SALE:** Warialda, north-west N.S.W. Seven sub-division lots from 101 to 178 acres. Prices from \$30,000. Picturesque setting. Good country for crops and stock. Excellent timber. Electricity available. Good climate summer and winter. Two miles to bus to all schools, four miles to town with all facilities.

Write to P.O. Box 61, WARIALDA 2402 or ph. 067-2922, ask for 150.



---

# Unclassifieds

---

**Unclassifieds are \$5.00 each and payment must accompany the advertisement.**

**SHARE FOR SALE:** We have a share for sale in 115 acres at Dorrigo. There are 20 acres of flat cleared land suitable for cultivation (basalt soil) and the rest is rainforest and heavily timbered. The property borders on the Little Murray River, with lots of beautiful swimming holes. We are asking \$10,000 for our share. Interested people can come to Johnsons Road, Dorrigo (8 km out of Dorrigo on the Armidale Road) or write to:

Kate and Gaza, P.O. Box 5, DORRIGO 2453.

**ALMONDS – DIRECT FROM GROWERS:** We will supply 8 kg of first grade almond kernels for \$45 post free anywhere in Australia if payment with order. Sorry, no smaller quantities possible because postage then too expensive. Remember – a handful of almonds contains as much protein as a steak! Please write to:

A.F. & U.R. Stehlik, Orchardists, Box 234, WILLUNGA 5172.

**FOR SALE:** Bush block – 82 acres in the Grampians in Western Victoria, 12 miles from Dunkeld, 20 miles from Hamilton. Excellent roads. Mountain views all directions. Waterhole. Solid brick 9 square cabin brand new. New water tanks, etc. 240V generator. Abundant wildlife and flora. Asking price \$38,000 negotiable.

Phone Mark Johnson on 055-723-493.

**WIND GENERATOR FOR SALE:** I have a complete and operating 24V D.C. aerogenerator, mounted on a 45ft (13.7m) guyed (8) tower. A full metered and fused switchboard, built-in charger, fein rotary inverter 24V D.C. to 240V D.C. Centuary gravity ball batteries, all cables and fittings included for \$3,000 O.N.O. Contact:

Arnold Wolthers, Cunninghams Creek, ILFORD 2850. Phone 063-5895 and ask for 45.

**FOR SALE:** Mr. Natural Health Food Shop and Tropical Garden Cafe in Townsville, North Queensland. Established over five (5) years with excellent community support, rapport and regular clientele. Specializes in bulk whole foods with tropical (organically grown) produce and a garden cafe with emphasis on vegetarian cuisine and home baked goods.

Business continues to grow with plenty of room for expansion. Presently supports three (3) partners and several part-time employees very comfortably. Good lease, low rental, account figures available on request. Asking price is \$45,000 W.I.W.O. Contact:

Mr. Natural, 829 Flinders Street, TOWNSVILLE 4810.

**FOR SALE:** *Antique Metal Finishing And Cleaning* book. This illustrated book has been written in a 'do-it-yourself' style with simple step-by-step instructions showing how to clean and restore metal objects, polish and buff brass and silverware and how to brass or copper plate steel and iron objects easily. Do you have an old iron pot rusting in the back yard? You can restore it yourself with this book to guide you and at the same time achieve immense satisfaction from having done it yourself. The cost of the book is only \$3.50 plus 40¢ postage and packing. Specialist chemicals and buffing equipment not easily obtainable in hardware stores are also available through the order forms in the book. Please mail your order to:

PDR Finishes, P.O. Box 146, KIPPAX 2615. A.C.T.

**WANTED:** To buy or copy and return owner's and/or service manual (or other information source) for:

1. International Harvester Farmall 'A'
2. Howard Rotary Hoe Twelve.

Malcolm McCallum, 18 Belair Ave., CARINGBAR 2229.

**FOR SALE:** Cinva Ram for mud or concrete brick making. Complete with instruction book. \$325 or near offer. Contact:

Alf Wilhelms, MORTLAKE 3272. Phone 055-992-014.

**FOR SALE:** Two one-fifth shares in 240 acres adjoining Bowman State Forest. Forty minutes from Gloucester, thirty minutes from Barrington Tops National Park. Permanent water, heavily timbered, some cleared areas, altitude 2,200 ft at highest point, fully fenced. Good all weather

access. Both shares include use of communal property, chain saw, slasher, work shed and rough shelter, etc. One share includes two westernised Mongolian yurts with joining deck. Council approved. Gravity fed spring water supply (good volume), fruit and nut trees, house yard fenced. This share costs \$14,500 (negotiable). Other share costs \$6,500 (also negotiable). For further information phone Sydney 02-569-3637, Brisbane 07-448-629 or write to Lenny Burgess, P.O. Box 55, GLOUCESTER 2422.

**SOON AVAILABLE:** Farm holidays at 'Meelekie Kamaroi Laloma', Blackville in northern N.S.W. It will be a little rough to start with as I am just setting it up. As soon as I put the phone on, strip and repaint the furniture (as it has been in storage) and repair fences, etc. I will let you know in Grass Roots. I am by myself and there's lots of work to do if anyone would like to come and help. If interested contact:

Miss R.J. Parkins, C/- Post Office, Blackville 2343.

**FOR SALE:** Situated at Taradale, 37 acres of undulating natural bush situated 4 km from main highway. State forest on three sides. Seasonal creek running through property. Fencing is in need or repair. Asking price \$17,000 (seventeen thousand). Contact:

Rita and David Dally-Watkins, phone 03-842-4635.

**FOR SALE:** We have 20 acres of bushland near Ballarat which we purchased to set up a Grass Roots lifestyle. However, family circumstances have forced us to alter our plans. The area is fully fenced with a creek running through the middle. It has an ideal area for a dwelling and is near a state forest abounding in flora and fauna. It would suit those wishing to escape city life for a peaceful, natural existence. It is partly treed and would suit cultivation. We are asking \$7,500 and if you are interested contact:

Anne Farquharson, 16 Duckett Street, EAST DONCASTER 3109.

Are you a potter? Leather, cane or wood worker? Artist? Writer? Gardener? Fisherman (or woman)? Flora and fauna photographer? With the spirit of an old time self-sufficient pioneer? Looking for a quiet and beautiful secluded place to do your thing?

Could you handle living in the middle of a tropical rain forest (north of Cairns) with a boat the main and sometimes only means of access? Do you have some cash or enough skill to earn a crust with your craft? Bearing in mind the C.E.S. payments (dole) will probably not be available. Could you, with help, materials and equipment put your own dwelling together? Prepared to come and take a look to check it out? Write:

Co-op, G.P.O. Box 2928, SYDNEY 2001.

**LAND FOR SALE:** At Murchison, Victoria, just under 80 acres on two titles, subdividing fenceline has connecting gate. Both titles are one large paddock with separate entrances, each paddock has a good dam. One paddock is cleared of Chinese scrub with lovely regeneration of natives. Both blocks have plenty of shade trees. The land is bounded on one side by the main Waranga channel and we understand water rights are negotiable. We had no need to exercise them. There is a high spot at end of an internal gravel road we had marked as a home site with views to Waranga Basin a short distance away. Other block has a gravel entrance drive also with views to Strathbogie Ranges. Price \$25,000. Also with all that water so near, we have for sale one Puffin Pacer yacht, marine ply, tip-top order, can also be used as rowboat. Price \$950. Contact:

Terry or Kerrie Larkins, C/- Shire Offices, GISBORNE 3437 or ring (B.H.) 054-282-200, (A.H.) 054-282-685.

**FOR SALE:** Near Wellington N.S.W., 60 ha (150 acres) natural timbered hill country. Scattered areas cleared for grazing. Two good dams and well water. Orchard and gardens watered by extensive trickle irrigation. Improvements include restored shearers hut with shower, septic, etc. small mud brick unit with solar heater for bathroom. Large woolshed in sound condition – adzed timber construction. Power and phone connected. Situated in beautiful valley with good road access.

Geoff and Ida Strain, 'Stonewood', BAKER'S SWAMP 2820. Phone 068-467-296.

# Unclassifieds

**Unclassifieds are \$5.00 each and payment must accompany the advertisement.**

**ACCOMMODATION WANTED:** We are a couple with a six year old son who badly need the occasional break from the pressures of the city either for weekends or longer, as time permits. Areas of interest would be Victoria, Tasmania, bushland, coast or outskirts of a country town would be O.K. We would prefer a cottage/house to ourselves or something self-contained and although not looking for luxury, we badly need a physical and mental rest. We would need comfortable beds and hot and cold running water at least. Please write to:

Wendy Ridley, 71 Peel Street, WINDSOR 3181.

**LAND WANTED:** A secluded acreage suitable for a self-supportive lifestyle. Any acreage, from about 10 acres upwards, at any location, will be considered. We have up to \$25,000 at hand for the right piece of land depending on quality and location. We are seeking land which is at least partly timbered; has a permanent stream or good dam site(s) and has reasonable growing soil. Please contact:

Ian, C/- 24 Pennington Street, RAYMOND TERRACE 2324, phone 049-874-154 or Garry, C/- 4 Landsborough Road MALENY 4552 phone 071-942-610.

**LAND WANTED:** We are looking for a property (around 100 acres) in Southern Queensland between Gympie and Brisbane and east of the Dividing Range, the closer to the coast the better. We are not fanatic conservationists but prefer to retain as much of the natural beauty as possible while interested in self-sufficiency. A cottage on the property is welcome but not essential - unlike permanent water. We will be travelling between Gympie and Brisbane in December and are prepared to inspect your offers. All replies to:

V.K. Lahtinen, 9 Sonoma Street, COLLINSVILLE 4804. For further information ring 077-855-175.

**FOR SALE:** Solid 6 room weatherboard house in the wheat belt. Country is flat and dry and at first appraisal not as attractive as some areas, but still has its own charm. The house is well set up with three rain water tanks, telephone and town water. It is on 12 acres with fowl sheds, large iron machine sheds, double garage and a loading ramp for cattle. There is a good garden with fruit trees. Some seasonal work and odd jobs available locally. The asking price is \$32,000 O.N.O. All enquiries:

C/- Mrs. Lillian A. Main, 2 Yarrock Street, KANIVA 3419.

**LAND TO SHARE** with young couple with caravan, wishing to live a free life. Excellent soil and plenty of good water, on banks of pretty creek. Also an area of soil suitable for making mud bricks. For more details please write to:

Alan and Sybil Rideout, Box 188, BILOELA 4715.

**WANTED:** A pensioner lady with child to assist in and around home on cattle and grain property in return for board and keep. Live in our caravan. On school bus route. Further details write to:

Sybil Rideout, Box 188, BILOELA 4715.

**FOR SALE:** Pecan nut seedlings. The trees are 12 months old and have been organically grown. The trees are \$35 for ten plus freight. Discount for larger quantities. Write to:

Ben and Debbie Love, 'Yaralin Nursery', Darkwood Road, THORA 2492. Phone 066-558-561.

Is anybody out there in need of a typist? I am an experienced typist wanting some extra work to be done at my home. My Selectric IBM and I will type your work quickly and 2 your specifications 4 a price 2 be agreed upon. Hoping 2 hear from someone soon; aspiring authors most welcome.

P. Bigg, C/- Post Office, BELLINGEN 2454.

**HANDMADE PLAIN CARBON STEEL KNIVES:** An alternative to the modern 'magic' knives of stainless steel and plastic, our knives are similar to those our grandparents treasured. They are easy to sharpen, keep sharp and have beautiful Australian hardwood handles. Over thirty

standard designs are available for general and special kitchen use, butchering, hunting and skinning, wood carving, leatherwork and other crafts. We will also make knives to your own design.

Please send a stamped addressed envelope for our 1982 illustrated catalogue to:

Greg and Shirley Broomhall, R.M.B. 730, WESTERN FLAT 5268.

**HOME STONE FLOUR MILLS:** Mill your own stone ground wholemeal flour for cakes and bread at home with a Retsel Little Ark Stone Flour Mill. 'Endorsed By Housewives Association'.

'True Grist Barley Grain Beer' we guarantee 100% satisfaction and success in using our Home Stone Flour or Grist Mills to mill fresh barley grain grist for the best 'Home Grain Beer' in the world made at home!

Write for your local agent's address and send two 27¢ stamps for our catalogue to:

Kevin and Bronwyn Rogers, Australian Retsel Distributors, P.O. Box 712, DANDENONG 3175, our office 16 Pinewood Avenue, NORTH DANDENONG, or telephone 03-795-2725.

**FOR SALE:** Books by independent publishers.

*The Gypsy Cookbook.* Legends and recipes for natural foods - \$3.95.

*The Gypsy Storyteller.* Stories and folklore of the Romani people - \$3.95.

*Savage of Bau.* History and adventure in the South Seas - \$3.50.

*Trooper Anislie.* The turbulence of the A.C.T. in colonial days - \$3.50.

*The Child.* An Aboriginal boy's struggle to survive - \$3.00.

*Time to Read Poems.* Poetry with a common theme, delightfully presented - \$4.95.

All available from:

Norman Featonby, Good Book Service, P.O. Box 449, ASHFIELD 2131. If you send payment with order we send books post free.

**TO RENT:** Part of a 30 acre property at Dunolly, 15 km from Maryborough (Central Victoria). No power or phone. There is a small dwelling, tractor and implement shed which I want for my own use so a caravan or dwelling would be necessary. I am able to get up there only on weekends, about once a month.

There is a dam on the land which is mostly cleared and surrounded by state forests. Soil is quite good but the summer is hot. Small town and school 1½ miles away. Rent will be cheap (negotiable). Interested people please write or phone:

Andrew Jeffrey, 64 Balaka Court, ROSEBUD WEST 3940 or phone 059-864-848.

**NUMBY NUMBY EARTHWORMS:** Home of the 'Speedy Breeder Compost Worm'. Breeders and suppliers of live earthworms for gardening, composting, horticulture and breeding stock. The 'Speedy Breeder Compost Worm' revolutionizes your compost and transforms your garden. Let 'Speedy Breeders' halve the time and work you put into turning the soil and compost and watch them create perfect topsoil.

Just \$6.95 for 500 worms or \$12.90 per 1,000 worms. Free pamphlet on worm care and postage Australia wide included. For air mail please add extra \$1.50 per 500 worms.

Numby Numby Earthworms, ROLLAND PLAINS 2442. Phone 065-858-239.

**BLACK AND COLOURED FLEECES FOR SALE**

Colours range from black, brown, charcoal grey, grey, silver through to white.

All fleeces are heavily skirted and selected.

Fleeces are long stapled, crossbred and clean.

Suitable for all spinners and weavers including beginners.

We will sell in any quantity at a very cheap \$3.00/kilo plus postage/freight.

Write giving details of requirements to:

David Lawton, 'Kandramooka', BUNDARRA 2359.

---

# Information Available

---

**When contacting groups, associations or newsletters listed in Information Available, please, out of courtesy, include an S.A.E., and mention that you heard about them in Grass Roots.**

## O.G.A. RESOURCE BOOK

The Organic Growers Association of Western Australia has published this book in an effort to supply answers to their most frequently asked questions. It contains a wide variety of practical information of use to organic growers Australia wide. Topics covered include natural fertilisers, green manuring, 'safe' pesticides, biological toilets as well as tables of nutrient values for plant residues, animal manures, rock dusts and one on identifying and treating tree element and nutrient deficiencies. A word of warning about Diatomaceous Earth though – they suggest that it can be fed to stock as a treatment for worms and internal parasites, however this is not the type sold as swimming pool filtration material. Apparently this has been specially treated – the type to buy for livestock is non-calcined diatomaceous earth.

The handbook also includes lists of suppliers for various products, useful books and magazines and organisations interested in organic gardening and kindred subjects. While much of this information is specific to Western Australia, the other states are mentioned in many instances. This excellent handbook is certainly worthwhile reading and should become a valuable resource for dedicated organic growers.

Available for \$3.50 plus 60¢ postage from:

O.G.A.W.A.  
P.O. Box 213,  
WEMBLEY 6014.

## LOCAL PLANNING FOR ENERGY CONSERVATION

On Thursday June 18 1981, a forum titled 'Local Planning For Energy Conservation' was held at the University of New South Wales. This publication is not a transcript of the proceedings, rather it is a collection of papers which were prepared especially for the forum and served as the basis for the talks and discussions. It is designed as a guide for anyone who is considering embarking on a program of energy conservation at the local level.

Topics covered include an explanation of what energy conservation is, why it is necessary, general ideas for implementation, examples of energy conservation both local and overseas, applicability to transport, domestic and industrial situations and alternative sources of energy.

At the conclusion of each paper is a reference list of relevant publications – a possible source of further information. Whilst this publication has little in the way of practical how-to-do-it information, it does provide an excellent summary of the current world energy situation and positive ideas as to how we, on both a community and individual level, can help to conserve energy.

This publication is free and may be obtained from:

Robert Waddell,  
Department of General Studies,  
University of New South Wales,  
P.O. Box 1,  
KENSINGTON 2033.

## SURVIVAL TECHNOLOGY

Survival Technology is an alternative energy equipment and design resource centre which opened in Croydon, an outer Melbourne suburb in February 1982. Survival Technology works to promote alternative energy systems. We work in designing, selling and installing alternative energy equipment, including solar and wind products. The systems we design are mainly for domestic heating, electricity and water supply but we also design for industrial and agricultural applications. For further information please contact:

Survival Technology,  
66 Maroondah Highway,  
CROYDON 3136.

## EARTH BUILDING FORUM

The E.B.F. is a non-profit Sydney based organisation whose goal is to promote the use of earth construction as a low cost form of building.

We do this in a number of ways which include providing technical information on earth construction, lobby councils, lending institutions and government authorities and provide them with the true facts on earth construction. We also hold open days (our last open day attracted 1700 people) and have a newsletter.

We provide a free information service to owner-builders. We can also put people in touch with architects, designers and builders who specialise in earth construction. Membership of the forum is \$10 p.a. which includes subscription to our quarterly newsletter. The E.B.F. comprises owner-builders, architects, builders, engineers and people interested in the promotion of low cost housing. So if you are interested please call us.

The Secretary,  
Ian Factor,  
67 Colin Street,  
CAMMERAY 2062.  
Phone 922-2461.

## PERFUMED AND AROMATIC AUSTRALIAN PLANTS

Despite the recent upsurge of interest in native plants there has been little information available as to their aromatic qualities. *Perfumed and Aromatic Australian Plants* must surely fill this gap. Published by the Western Suburbs Branch of the Society for Growing Australian Plants in Queensland, this book is a fascinating and highly informative guide to the selection of native plants using aroma as the criteria. When landscaping our environments we generally concentrate solely on the visual; this book is a guide to another dimension – that of smell. Native plants vary greatly in type and intensity of perfume, ranging from a delicate sweet fragrance as in the mimosa bush to the strong heady perfume of the Madonna and the Christmas Lily or the unpleasant offensive odour of *Orchis hirsuta* with its reminiscent billy goat stink or even the 'unwashed or sweaty feet' smell of the Shasta Daisy clan! This little book is a gem and will help you achieve both visual and olfactory harmony in your native garden. Price is \$3.20 posted. Copies or information available from:

Ralph Bailly,  
26 Jenkinson Street,  
INDOOROPILLY 4068.

## CONTACT CLUB

Contact Club has been formed to put people in contact with others who have a particular need, for example, people looking for work on a property will be put in contact with people looking for help, those with properties to buy or share with buyers, females looking for soul mates with males and vice versa. No charge is planned for this service other than \$2.00 to cover mailing costs and allied expenses. Persons wishing to make contact with other Grass Roots folk should write stating the type of contact and giving full details, together with \$2.00 to:

Contact Club,  
Serendip,  
Tilga Road,  
WALAGA LAKE 2525.

## AUSTRALIAN ASSOCIATION FOR HUMANE RESEARCH NEWSLETTER

It aims to promote the use of scientific alternatives to animals in all forms of research; to work for the eventual phasing-out of all experiments using animals. It helps disseminate evidence to the public through reprinting of many paper articles throughout the world on the horrifying tests which animals suffer. It deals with questions like, 'Are you concerned about the continued practice of dissection of animals in our schools?' Contact:

P.O. Box 356,  
BROADWAY 2007.

---

# Information Available

---

## MIND FOOD FOR THE FUTURE

### A Guide to Books on Personal and Social Change

Mind Food is an eighty page catalogue and guide to the books available at the Down To Earth bookshop in Perth, a bookshop well known in the alternative literature field for its service to mail order and personal shoppers. There are three thousand odd books covered in Mind Food, each with a description that borders on being a critical review. To make the guide easier to use it is divided into sixty-four major sections ranging from aborigines, childcare, craft, ecology, livestock, marriage and relationships, through to nutrition, psychotherapy, sexuality, shelter, women's issues and many more.

*Mind Food For The Future* is an enjoyable, informative, even dangerous book. Why dangerous? Because it simply cannot be put down! *Mind Food For The Future* is \$2.95 plus post and packing.

Down to Earth Bookshop  
874 Hay Street,  
PERTH 6000.  
Phone 09-321-9752.

## A DESCRIPTIVE GUIDE TO THE USE AND ENJOYMENT OF HERBS

This inexpensive little guide is ideal for herb enthusiasts with a limited budget. The authors – Susan and Richard Thompson – are well known for their articles in popular magazines and for their wholesale nursery, Coora Cottage Herbs at Merricks, Victoria. They compiled this book back in 1978 as a basic guide for those with an appreciation but little knowledge of herb plants. Material covered includes planting, cooking with herbs, making tussie mussies, a comprehensive list of herbs (includes description and suggested uses) plus an extensive section on recipes, food, cosmetics, insect repellants and fabric dyes. This little guide (64 pages with line illustrations) makes delightful, informative reading for both the gardener and armchair enthusiast. Price is \$3.00 posted from:

Coora Cottage Herbs,  
MERRICKS 3916.

## WOMEN AND ARTS FESTIVAL

A Women and Arts Festival is being planned for Octoberr 1982 which will serve to identify and highlight the role and contribution of women in the arts in N.S.W. The festival will embrace all ranges of arts organisations and individuals and interested women are asked to contact the festival co-ordinators. The project is an initiative of the Womens Advisory Council to the Premier of N.S.W. For further information contact:

Women and Arts Project,  
P.O. Box R105,  
Royal Exchange,  
SYDNEY 2000.

## LITERARY AND POETRY COMPETITION

Following on from the success of the Literary Competition in the 1981 Caloundra Art and Crafts Festival, festival organisers have extended this year's competition to include an award for poetry. Total prize money has been increased from \$300 to \$400. First prize of \$100 will again be presented to the 'Villa Vanessa' Short Story Award, with second and third prizes of \$50 each. This year's festival dates are from September 1 to 4.

Entry forms (including conditions of entry) are available now. Requests for entry forms should include a stamped, addressed envelope (9in by 4in).

Literature Convenor,  
Geoffrey Hamlyn-Harris,  
16 Grigor Street,  
CALOUNDRA 4551.

## PROBLEM SOLVING FAMILY GAME

A stimulating game which looks at the dynamics of family

relationships has been produced by the chaplain of a Victorian secondary school. Called *Mock Families*, it is intended for use in the classroom where family relationships are being studied, or in situations involving students and parents. *Mock Families* involves the participants in assuming the roles of parents or teenagers discussing typical family conflict situations, and looking at the various ways in which these conflicts may be resolved.

*Mock Families* comes complete with instructions, playing cards and questions and discussion. It costs \$4. For further information contact:

Reverend Leigh Wilson,  
10 Leahy Street,  
SHEPPARTON 3630.

## THROUGH THE HEALTH FOOD MAZE

Wish you had time to read all those health books and sort them out? Our short, simple summarised versions make it easy. Save hours of reading and dollars of buying. There's also a personal consultation service to guide you through the maze of conflicting opinion and answer your questions. Details from:

Diet Dialogue,  
Box 75,  
KENTHURST 2154.

## OVERSEAS PENFRIENDS

'Learning Exchange' – the community access newspaper publishes each month a column of overseas penfriends wanting to exchange ideas about hobbies or subjects of study. Penfriend seekers are of all ages – some want to practise English, or learn about Australia – some live in Japan or our 'Ethnic Homelands'. You might like to practise another language or do a little for world peace and understanding – or indulge in armchair travel. Look through a recent issue of *Learning Exchange* at your library – or buy a copy or send \$1 for a sample copy; or \$10 for one copy per month for a year to:

Learning Exchange,  
430 Waverley Road,  
EAST MALVERN 3145.

## WHOLE LIFE TIMES

*Whole Life Times* is a quarterly directory and journal of ideas and activities for personal growth, spiritual experience, healing and social transformation in Western Australia. 25,000 copies of each issue are distributed all over the Perth metro area and major country towns. Major outlets are public libraries, bookshops, health food shops and restaurants plus groups. It is available free because each centre or individual pays a fee to be listed, which covers the cost of printing.

If you would like information on *Whole Life Times* at home (subscription: \$1.00 per issue, \$3.00 per year) write to us at:

P.O. Box 789,  
FREMANTLE 6160.

## MATILDA LITERARY AND ARTS MAGAZINE

Matilda Literary and Arts Magazine is a quarterly magazine encompassing literature and the arts, made up of valued writings varying in form and style. The main aim of the magazine is to encourage aspiring poets, writers and artists. The result of our work has and will continue to broaden the Australian Literary market and thus will increase the prospects of aspiring and unpublished writers as well as the more established ones. Any general theme or topic can be sent in, the only prerequisite is that it must reach a certain standard. Although the magazine will contribute to the arts it is not a private forum for a small elite group of contributors. Equal access is given to readers and the general public. It is the need and right of all common folk to have an equal right of expression. We invite letters to the Editor voicing your thoughts and opinions together with short stories, articles, poems, graphics and creative expression that will not only improve our mag. but hopefully the artificial society we live in.

7 Mountfield Street,  
BRUNSWICK 3056.  
Phone 03-386-5604.

---

# Book Reviews

---

**THE SUGAR-FREE COOKBOOK** – Indulgent food for carbohydrate conscious cooks and diabetics – by Jennifer Pinker and Veronica Oxley. R.R.P. \$18.00. Hard cover, 128 pages, Australian.

This is an exciting cookbook with a striking appearance and I defy anyone to put it down without licking their lips at the sight of the beautifully prepared food shown in the colour illustrations. As mentioned in the sub-title, it has been prepared with the needs of diabetic folk in mind – the food is low in sugar and fat and based on fruit and vegetables rather than starchy carbohydrates. The recipes cover most meal requirements – breakfast, soup, appetisers, salads, main courses (fish, meat and vegetarian), desserts, breads, cakes and biscuits, alternatives to sweets and beverages. In addition the needs of the diabetic are comprehensively discussed including the components of their diet, meal planning, suitable products (including sweeteners) plus lists of free foods and sugar containing foods. There is also a page on sprouting and a section on herbs and how to use them.

As a health conscious person, I was disturbed by the presence of white flour in the bread, cake and biscuit recipes – many recipes did contain wholemeal either on its own or with white flour and I could see little reason why wholemeal was not suggested throughout. Several other ingredients jarred – jelly crystals, packet soup, tinned fruit and low calorie soft drinks. These, however, were much in the minority. It should also be mentioned that artificial sweetener is used throughout (a necessity for diabetics) but those whose health does not depend upon it would probably wish to use honey instead. With a little imagination and ingenuity, the processed ingredients could easily be replaced by healthier substitutes.

This book is relatively expensive but it is, after all, a specialist publication which is beautifully presented. The recipes are simple and easy to follow, there is a portion breakdown with each dish, and the photographs lift the book out of the everyday into a class of its own.

**YANKEE HOME CRAFTS** – by Barbara Radcliffe Rodgers. R.R.P. \$11.95. Soft cover, 141 pages, American.

I initially found the title of this craft book off putting, and consequently passed it by several times before looking beyond the front cover. I was pleasantly surprised – it is an amazing book and one I feel will interest many back-to-the-landers. The book contains instructions for making twenty-one traditional crafts including cornhusk dolls and doormats, apple-head dolls, braid rugs, patchwork and quilting, Victorian crazy quilts, crewel embroidery, cross stitch samplers, broom making, planting a fragrant garden, pot pourri and scented sachets, rose beads, pomanders, gifts from the kitchen and decorating for an old fashioned Christmas to name a few. Each craft is clearly explained and illustrated with drawings, diagrams and photographs. Many of the crafts are not commonly available and so would make unusual and exciting gifts for Christmas, birthdays or for selling at the community market. With this in mind, *Yankee Home Crafts* is one of the few books that can be seen as an investment. With the many projects it offers, the reader will be able to recoup the cover price many times over.

**LOW BLOOD SUGAR** – by Martin L. Budd. R.R.P. \$7.95. Soft cover, 127 pages, English.

Do you suffer from headaches, fatigue, asthma, depression, overweight, indigestion, nightmares or poor concentration? These are just a few of the symptoms that can be related to hypoglycaemia or low blood sugar. This book can be divided into two sections – an analysis of *hypoglycaemia* and the *diagnosis*.

The first section of the book is excellent, it describes the reasons for the rising incidence of hypoglycaemia in today's society and why it manifests itself in such a wide variety of symptoms.

I would like to be a little more cautious about the second section. The conclusions reached and resulting recommendations are somewhat at variance with those of leading figures in the world of alternative medicine such as Dr. Paavo Airola. I found the suggestions regarding diet and exercise questionable and feel that it would be wise for anyone who feels

that they might have hypoglycaemia to carry out some more research in this regard and then make up their own minds.

The last chapter deals with case histories and because of the limited nature of the information supplied, it is of little use or interest.

Perhaps this is not that best book available on the subject but some of the information in it is first class.

**NATURAL FAMILY PLANNING** – by J. J. Billings. R.R.P. \$3.50, Soft cover, 50 pages, Australian.

This little book outlines a natural method of contraception commonly known as the ovulation or mucous method which is ideal for people looking for something other than the artificial forms of contraception that abound today.

The ovulation method, itself, is quite simple and straight forward, and is explained in a few pages. The rest of the book is devoted to a simple explanation of how the male and female reproductive systems work, pregnancy and lactation, the future of family planning and its applicability to developing countries. Unfortunately in these chapters the author has taken the opportunity to push his rather narrow views of human sexuality, love, family relationships and associated issues with which many people will disagree. This is a shame as the additional information supplied in these chapters could have been constructive and positive leading the reader to greater understanding of her own body and its needs.

**TRADITIONAL KNITTING WITH WOOL** – by the Australian Wool Corporation, available at yarn retailers. R.R.P. \$4.99. Soft cover, 148 pages.

Knitting is an ancient art which probably originated in Egypt and the Scandinavian countries. The earliest known pieces of knitting date back to the third century. Knitting techniques varied but the one which marked the transition from weaving was called 'Sprang'. The essential difference between weaving and 'Sprang' is that two threads are used in the former and one in the latter.

Trade between countries facilitated the spread of knitting as a method of clothing manufacture. It soon became fashionable. In both Paris and Florence, knitting guilds were established by the late Middle Ages. At this time in history, knitters were always men. Beautiful specimens of their work are on display in various museums around the world. In England, the monarchy provided the richest source of hand knitted relics, many of which can be seen today. In the sixteenth century, there was a dramatic increase in knitting, schools were established and the stocking loom invented.

By this time, handknitting was well established as a practical fashion favourite and each country had its own characteristic patterns. Styles varied according to the techniques employed and the availability of certain yarns and dyes.

Some of the most appealing patterns from seven different regions around the globe have been chosen for inclusion in *Traditional Knitting with Wool*. The history and background of each region is detailed, highlighting the relationship between the environment and the evolution of the particular design. This information helps to set the mood for the knitting ahead. Experienced knitters will find the book a boon. There are garments for every member of the family from Norwegian sweaters for the husky man of the house, to imaginative top to toe sets for toddlers. Every garment has been tried and tested over centuries, yet each still has an air of individuality.

*Traditional Knitting with Wool* is not just a pattern book, it brings us glimpses of people at work and play from seven vastly different cultures. The photography is superb – so good in fact that the book almost becomes a travel brochure. Created for knitters but ideal, too, for craftspeople, schools, libraries or those interested in broadening their concept of life.



# Book Reviews

**DINOSAUR'S ACTION BOOKS.** R.R.P. \$1.95. Soft cover, 24 pages, English.

It is not often we have the pleasure of reviewing childrens' books that combine stimulating, easy-to-follow projects with a minimal financial outlay. The action books appear outstanding investments — they are beautifully presented on firm paper with a strong cover, simply written with delightful colour illustrations and contain material that appeals not only to a wide age range of children but also to adults interested in making gifts for friends or sale. The books, either singly or as a group, would make excellent gifts for do-it-yourself folk of all ages. We have reviewed four in the series.

**HERBS FOR PRESENTS** — by Jenny Leggatt.

This little 24 page book begins by looking at what herbs are, how they were used in earlier times and how to grow and dry them for personal use. Having given a little background material, it then presents a variety of projects that one way or the other incorporates herbs — from making a lavender doll, herb sachets, bath sachets, pomanders, catnip mice, and potpourri to recipes for sesame seed toffee, caraway and lemon biscuits and bouquet garni. The instructions are simple and explicit and each project (eleven in all) is accompanied by a bold colour illustration.

**PRINTING FOR PLEASURE** — by Helen Herbert.

The projects in *Printing For Pleasure* range from the involved — as in line prints or cut card prints — to the relatively simple, like thumb, stick or potato prints. Therefore the young, as well as the older children, can participate in the book's activities. There is great scope for individual expression in the various projects and for a small outlay, young people can make gift cards, bookmarks or covers, wrapping paper or using the right type of paint, printed T-shirts, aprons and cushion covers.

**SURPRISES FOR PRESENTS** — by Hilary Evans.

The presents in this book demand a reasonable level of manipulative skill and would be ideal for middle to late primary or secondary school age participants. The presents are really delightful, including little felt 'matchbox' mice, hidden pictures, a birthday cake box, walnut surprises (tiny gifts wrapped in tissue paper and enclosed inside glued walnut shells), a surprise birthday card, upside down doll and clothes, aeroplane, a merry-go-round money box and more. The projects are not difficult but would offer a challenge to young folk together with the immense satisfaction for attempting and completing them. Happily, too, most of the materials required are the sort of bits and pieces families generally have around the house.

**SWEETS FOR PRESENTS** — by Jenny Leggatt.

Whilst this book is the same calibre as the others in the series, it does contain recipes using large quantities of sugar and for that reason I am loath to recommend it as a project book for children. Dental caries, together with sugar consumption, are rising alarmingly in Australia and the correlation is no longer questioned. I am sure children can well do without the further temptations this book will put before them. Ethics aside, the book covers many of the sweets of yesteryear — toffee apples, mint humbugs, barley sugar sticks, gudgy fudge, peppermint creams, marzipan delights, crystallized flowers and leaves, and more. It is an ideal book for the cook who delights in culinary gifts, but please think about the children — fresh fruit and nuts will be far better for them in the long run.

**LEGUMES, SEEDS & GRAINS** — by Cass McCallum. R.R.P. \$6.95. Soft cover, 196 pages, Australian.

People have never been more aware and eager to learn about food value than now, and this book will help towards quenching this thirst for knowledge. As a trained dietician, journalist, cook and gardener, Cass McCallum is well qualified to write about what constitutes "real food".

*Legumes, Seeds & Grains* looks at each of the nutritional elements we require in the food we eat, such as proteins, carbohydrates, vitamins and minerals, the important sources, possible deficiency symptoms and

any factors which destroy or inhibit the uptake of an element. It lists the many individual legumes, nuts, seeds and grains as well as select herbs and spices, giving brief background to each and their uses. This is followed up by a section of unusual and mouth-watering recipes designed to provide a balanced meal containing 50 to 70 per cent of the daily protein requirement. Finally scattered throughout the book are handy hints on storing these foods, basic cooking procedures, cooking charts, and a glossary of technical terms.

While it tends to be very conventional and conservative where the nutritional data is concerned, *Legumes, Seeds & Grains* contains an abundance of excellent information, and the recipes will be of interest to most people, vegetarian or otherwise.

**THE BOOK OF SADDLERY AND EQUIPMENT** — Edited by Elwyn Hartley-Edwards. R.R.P. \$30.00. Hard cover, 256 pages, English.

There are few worthwhile books available on saddlery, it tends to be a subject covered in general horse care books and even then is usually limited to a single chapter. As a horse owner of many years standing I find it important to understand how each piece of gear works; it allows you to select the best combination of bridle, saddle, etc. to suit you, your horse and the particular purpose you have in mind be it stock work, dressage, harness work or whatever.

This book is one of the most comprehensive I have come across on saddlery. It covers the history and development of saddles, bridles, bits and harness, a brief explanation of how a saddle is made, types of saddles and their different purposes, choosing and fitting a saddle, harness bridles and associated aids and how and why they produce a certain effect on a horse. There are also several chapters devoted to stable gear, rugs, ceremonial trappings and riding dress which are accompanied by exceptional illustrations.

The book itself is beautifully set out and generously illustrated with top quality line drawings and photos. Many of the photos are of historical significance and will be much appreciated both by the genuine horseman and those with an appreciation of the arts.

Each chapter has been written by an expert in that particular field which helps create a very balanced informative book. At \$30 it is an expensive reference on a specialist subject but well worth it for those who seek a greater understanding of the mechanical aids available to training, riding and driving horses.

**FARM ALPHABET BOOK** — by Jane Miller. R.R.P. \$7.95. Hard cover, 32 pages, English.

A most delightful book, full of the most beautiful colour photographs centred around life on a farm. For each letter of the alphabet there is a photograph of something beginning with that letter accompanied by a few words of explanation. While I felt that these words could have been much more imaginative, most children could be encouraged to build their own story around each photo.

The book is well set out and beautifully presented, one that any child would treasure.

To obtain books from Grass Roots:

1. Add up cover prices of books required
2. Add freight
3. Send total with name and address to Grass Roots,  
P.O. Box 900, Shepparton 3630.

**FREIGHT:** The following postage and packing rates are for up to three books:

New postage rates:

Vic./Tas.	N.S.W./S.A.	QLD./N.T./W.A.
\$2.90	\$3.90	\$4.90

All books without the publishers address are available from:  
Grass Roots, P.O. Box 900, Shepparton 3630.



# Feedback Link-Up Feedback

## Hello All Grass Roots People,

This is my second letter to you and I was prompted to write again and say what a bad influence your magazine has on me!! There I was, stuck in a boring, routine job, with no idea of my plans for the future. I stumbled across Grass Roots a while back and was quite impressed, so I got motivated, left my old boring job and worked as a rouseabout for a while through north-west Victoria. Then I was offered a job I had applied for with the Department of Agriculture. Now I am a rather frustrated Technical Assistant, earning lots of money, but stuck again in a routine job, and even worse, I am living in a town for the first time in my life. However I have taken up some hobbies including leatherwork and I have a vegetable garden which I look after on the weekends when I go home to 'the bush', where my parents live.

I recently borrowed *The Early Years* from the local library and have read it from cover to cover several times – a very informative and entertaining book.

If any readers would like to correspond with me, I would be glad of the opportunity to put pen to paper, as writing (letter, short stories) is a great source of pleasure to me.

**Pauline Harwood,  
P.O. Box 406,  
HAMILTON 3300.**

## Dear G.R. Friends,

When we first came to this area we had as neighbours, a family from Russia who obviously had been raised in the country and many of their methods were true self-sufficiency. One well-worth passing on to you is their method of feeding their extensive flock of ducks. They kept three Jersey cows and all the excess milk was turned into cottage cheese by boiling it in large stainless steel containers on their outdoor wood stove with juice from their own lemons. The curds were separated by pouring through sieves and fed to the ducks. As far as I know they used no other food and the ducks thrived. They also made a small mud brick oven outdoors in which they cooked all their bread.

**Doreen Lyon,  
61 Binalong Road,  
THE OAKS 2570.**

## Dear Grass Roots People,

In our retirement we have returned to our 'grass roots' and have been introduced to you by a neighbour. I am indeed pleased, to make your acquaintance. I find your magazine stimulating and helpful. It is good to be bolstered in many of the discoveries one has come to – often painfully – over the years. I feel very much – and I am sure many Grass Roots people agree that our search for physical well-being can only be rewarded by like attention to our whole being and that neglect of the spiritual, moral and mental can keep us from the attainment of our ultimate wholeness or health. If we can attain a simpler way to look after our physical selves, then also we have opportunity to develop our inner selves. For this reason I would like to recommend a book which we have discovered in the library and find fascinating. It is *The Way to Write*, by John Moat and John Fairfax – delightful and a challenging hobby. May I also suggest that as we co-operate with nature it is good to realise that we are co-workers with the subject of Psalm 104. It's uplifting to read that and realise our partner's power.

**Lillian G. Main,  
2 Yarrock Street,  
KANIVA 3419.**

## Dear Meg & David,

I have been a Grass Roots reader for over three years now and am firmly entrenched in the philosophy of the magazine. I hope some day, not in the too distant future, I may be able to buy land and start to carry out some of the ideas. At the moment though, I am working in Melbourne and am not able to shift to the country.

I have been doing a lot of reading about mudbrick and rammed earth building but have very little practical experience. I wonder if there is anybody building or intending to build in either mode, and who requires a labourer. I wouldn't particularly want payment but some reward for my

labour would be sufficient. This would be arranged depending on circumstances. It would be on a part-time basis as I work a fair bit in Melbourne. I like the area east of Melbourne the best. Secondly I am interested in methane gas and would like to see a plant operating. If anyone has a model operating please get in touch with me. Any information about alternative energy would be appreciated.

**Bill Cameron,  
9/10 Yarralea Street,  
ALPHINGTON 3078.**

## Dear People,

We have been on a dairy farm since August (previously Public Service) and it gives a basic income for 40 hours/week work. David has only to milk the cows twice a day, six days a week and the rest of the day is ours. We have bought a ten acre block south of Tocumwal and are looking forward to the day when we can afford to build a house on it and become almost totally self-sufficient.

Something I've been wanting to do is beekeeping, but I don't know where to start. I know where there's a wild hive (colony) but how do I catch it? Where do you buy hives? What equipment do you need to set up? What does it cost? How do you substitute honey for sugar in cooking? We have quite a few Rainbow birds (bee-eaters). Will they be a problem?

I also had an attempt at making cheese but it smelt like an old dishrag and we couldn't eat it. Seems you need a starter or something. Where can I find out how to do it properly? I would like to learn to spin soon. What's the best wheel to buy? Best wool? Where do you get it? Does anybody know the preventions or cures for grapevine caterpillars?

**David and Wendy Gollan,  
Sandmount Road,  
KATUNGA 3640.**

## Dear Readers,

I am wondering if you can help me concerning contacting a lovely lady who wrote to me in answer to my letter published in the February edition of Grass Roots and whose address was not enclosed. She is compiling a booklet *Wimmin and Children*. Her name is Robyn and I think she hails from Victoria.

**Jill Toomey,  
17 Hope Street,  
SEVEN HILLS 2147.**



## Dear People,

Here I am in the north-west (Pannawonica) working on a railway construction job and paying off my land. I am in shares with people (five adults and four children) in 600 acres in northern N.S.W. about 100 miles inland. The work is hard, the weather is very hot and the money is good, so I'm achieving what I set out to do. But I wish I was 3000 miles away from this dump. The town and mine are ugly, but the bush and its flora and fauna are very different from what I'm used to and also very beautiful. Hello to all my fellow Pretty Gullibles – they know who they are. Back soon I hope.

I'll soon be in Pt. Hedland. Any Grass Roots people there? Would love to meet you.

**Nick Ashton,  
C/- Post Office,  
PORT HEDLAND 6721.**

## Dear Grass Rooters,

In G.R. No. 29, Helen M. Parsons asked for a method of extracting sugar from sugar beet. Here is one method.

Cut the tops off your sugar beet and press the juice out of them with a cider press, a car jack or an old fashioned mangle. Boil the juice until all liquid has evaporated and what you will be left with is unrefined sugar. This information comes from John Seymour's book *The Complete Book of Self-Sufficiency*.

**A Reader of Grass Roots.**

# Feedback Link-Up Feedback

**Dear Readers,**

## Prickly Heat

Pour jug of eight parts water to one part cider vinegar over body after shower or bath and also put cider vinegar in final rinsing water when washing clothes as soap left in clothes can cause it. Wear loose cotton clothes. Do not put any creams or oils on skin that might clog pores.

Now for a couple of questions:

How old are geese, ducks, etc. when they stop laying and at what age are they likely to die?

My mother told me I shouldn't eat too many duck eggs as they contain a substance which can be toxic in large amounts. Does anyone know if this is true and if so, what is a large amount?

**Danni Mackenzie,  
P.O. Box 252,  
YANDINA 4561.**

**Dear Grass Roots,**

I read with great interest No. 29 (Feb. '82) issue of Grass Roots and am only sad that I hadn't discovered your interesting and informative magazine from its commencement.

For Mrs. Trina Smythe of Augourie re nappy rash problems, I have had great success with Covital cream which contains cod liver oil and zinc cream, on my little girl; in fact in her two years she has had only two small rashes which cleared up when applying the cream. I've found it essential to wash their bottom well and apply a thick application of the cream before going to bed (use a Chix nappy liner to prevent the cream sticking to the nappy). Hope it helps you.

Would any of your kind readers know of an organic way to rid powdery mildew from zucchini, pumpkins and baby squash. It has taken a hold in my garden and to date I have tried rid it with equisetum and chive tea. I would be most grateful to hear from anyone about their ideas to eradicate it.

**Jane Lowe,  
P.O. Box 34,  
AVALON BEACH 2107.**

**Dear Grass Roots Folk,**

In answer to Mrs. Wearing's request about making peanut butter in G.R. 28 - all you do is put roasted peanuts in a blender or through a hand mincer until they're the consistency you like your peanut butter. Instant delicious peanut butter with no additives!

I have two requests to make of readers:

a) Does anyone know where in Sydney I can get an electric motor (small) fitted to my pushbike, as since a knee injury I just can't get up the hills under my own steam! There was a letter from 'Ted' in G.R. 20, who said he knew of a place that did this, but he did not say where.

b) Does anyone know any courses on natural medicine that can be done by correspondence?

Keep up the good work Grass Roots as you're a great inspiration when getting to the country seems an 'impossible dream'.

**Jane Flynn,  
Queen Mary Nurses Home,  
Grose Street,  
CAMPERDOWN 2050.**

**Dear Folks,**

We're thinking of moving to Tasmania. It appears that land might be cheaper down there than it is here. It is really expensive around Rockhampton. Can anyone give us any details on life in Tasmania? We'd really appreciate hearing anything. I received a lot of replies to my letter on carob seeds.

**Steve Harris,  
149 Water Street,  
NORTH ROCKHAMPTON 4701.**

**Dear Readers,**

We moved from Melbourne five years ago to ten acres of bush near Wangaratta. Our main delights are the wildflowers and birds. Many birds visit our bird bath on the verandah - just a ceramic pot plant dish.

This week we watched about a dozen Rainbow birds doing their spiralling tricks around our house. We built mud brick, using many old timbers from the district - we have taken over four years so far.

We have a very active spinning group in Wangaratta with days devoted to dyeing, etc. Felt making is on the agenda for this year so I was enthralled to read your articles on this subject. I would be interested to hear from any readers in the Markwood area or thereabouts.

**Barbara Griffiths,  
R.M.B. 430,  
MARKWOOD 3678.**

**Dear Grass Roots,**

We have been living as self-sufficiently as possible through our many moves from state to state and house to house, usually establishing a veggie patch and chooks wherever we go and then being heart-broken to leave it all and start again at the next place.

We now live in a farming area 12 miles south of Geraldton, called Greenough, one of the early settlements in the state. A lot of the buildings date back to around the 1860s and at present we are looking after a museum containing many relics of the past era. We have part of the building to live in and maintain and open the museum. We're preparing our patch for winter vegies and the chook pen is nearly functional (we used the portable coop idea in G.R. 28 by Harry Clark). Our Saanen, Sheba, is arriving on the weekend so we will soon be running smoothly.

I have been making yeastless bread for about two years now - not all successful though. I certainly had a few rock-like loaves in the beginning. Danni in G.R. 29 may have trouble due to the type of grinder. One with metal surfaces kills a lot of the delicate enzymes and bacteria essential for yeastless bread because the surfaces heat up. I have switched to a Carborundum grinder and although not the ideal grinder, my bread certainly improved heaps.

Here's my recipe for yoghurt for J. Dodd, G.R. 29. Bring two pints of milk to the boil, cool to above blood heat, mix in one tablespoon shop yoghurt as starter and then leave in a warm place for 3-4 hours until set. Of course after your first batch you use your own yoghurt for starter. To keep warm I use a small light socket and bulb on a piece of board with the yoghurt in jars around it and an inverted saucepan to keep in the heat - alternatively a wide mouthed vacuum flask can be used to keep the heat in. Home-made yoghurt, I find, is far less acidic.

I am just about to start a correspondence course in Iridology through QINS which I heard of through G.R. We are really into self-healing and health, mainly through diet and are interested in reflexology (foot massage). I also make cane baskets, garden hangers and shoppers, etc. in my spare time.

Anton and I would love to hear from communities in the south of W.A. as we are interested in the possibility of buying shares with view to moving during 1983. Looking forward to any letters I may receive.

**Fiona,  
Box 1373,  
GERALDTON 6530.**

**Dear Folks,**

One way of reducing nematode build up in soil (to answer Cathi Lewis G.R. 29) is to forgo vegetables for one year and plant the whole of the vegetable garden with Tagetes (African or French marigolds, or better still, Stinking Roger). Plant vegetables next year as usual.

I have a mud brick cabin on a ridge in the ranges east of Melbourne. Unfortunately I cannot live there at the moment and it is beginning to show the signs of lack of attention so I am offering it rent free to any G.R. reader who is willing to maintain it (basic upkeep). There is no electricity, no sewerage and whilst the rainfall is high, the soil is poor and not really very suitable for growing things. However, it may offer a useful trial run for anyone considering leaving the city for a rural life. Anyone interested is welcome to write to me.

**David Cheal,  
277 Coppin Street,  
RICHMOND 3121.**

# Feedback Link-Up Feedback

## Dear Friends,

I thought I would answer a few of the letters here rather than personally, so that if anyone else is interested, they can try some ideas too.

To Cliff and Margaret Elms, Atherton. I just wanted to let you know that I was impressed by your coconut loaf, at first, because it looked easy! I tried it today and it's perfect!

Dean M. Carter, Glenroy. In answer to your query about soap moulds, I have something in my kitchen drawer which could give good results. At a supermarket I bought a packet of six individual metal jelly or cake moulds for under \$2 the set. Each one is different and pretty and a lot could be purchased reasonably cheaply. I hope they're available near you, otherwise I could try to get some for you, if you think they might be suitable.

Sally Armstrong, Heathmere. I couldn't lay my hands on my most helpful book with information about companion planting, but I managed to find out a little from some of my other books. From the point of view of insect or other pests, not many herbs are susceptible because of their strong aromas – however these herbs could be bothered by pests:

Herb	Pest
Comfrey, catnip, lemon balm	Grasshoppers
Tarragon, thyme, basil, salad burnet, marjoram (only when young)	Caterpillars
Horseradish (leaves)	Slugs, snails
Fennel, dill (on stems below flowers)	Aphis

Because some herbs are good insect repellents, they could help those susceptible herbs mentioned above by companion planting. Herbs renowned for deterring pests are:

Mint (especially ants, aphis, caterpillars)  
Tansy (especially ants, silverfish and flies, but generally very good)  
Rue  
Lavendar  
Santolina  
Scented geraniums  
Basil (most insects, especially flies)

Some which are rarely attacked besides all of the above are parsley and pennyroyal. One book says that basil and rue traditionally should never be grown together. Nettle is supposed to be magic in the garden, and also presumably among herbs, because it seems to stimulate the formation and fermentation of humus (good for compost heaps too) and adds valuable chemical properties.

While on the subject of herbs, I thought people might like to try this marvellous ant and silverfish repellent:

Crush and shred tansy leaves or crumble dried ones, and sprinkle on pantry and cupboard shelves. I used it once to stop ants coming in by sprinkling it right in their path as they came into the house. They immediately detoured right before my eyes and did not come back for a very long time.

**Rita Summers,  
'Kersbrook',  
Blackwood Farm,  
PIONEER 7254.**

## Dear People,

During the last few years we have been preparing ourselves to go on some land and be as self-sufficient as possible. We are looking for the ideal piece of land or shares with other people, with whom we can join in mutual help and support towards this type of lifestyle. We would love to hear from people in a similar position or knowing of people to contact.

**Paul and Susi Wright,  
P.O. Box 254,  
WEST MACKAY 4740.**

## Dear Readers,

I have twenty acres 16 miles from Moruya that I have had for about three years. I am slowly getting a house-cum-shed together but this is rather slow as I am working too. During the last couple of years, I have

had about \$1500 worth of gear stolen — mainly because I live close to the road. So, I want a lady for company and so that I won't have any more gear flogged. I am giving up work for about six months next year so that I can get the place producing. At the moment I haven't time even for a vegie garden. So if there are any ladies out there who want to heave the rat race or whatever, who wants to get onto a bit of land and thinks they might be able to get on with a 30 year old Taurus, write to me.

**Ken Kelleher,  
213 Araluen Road,  
MORUYA 2537.**

## Dear Fellow Readers,

My husband and I are at present living in the city until such time as our sons have left High School and are established away from home. We would like to live in the bush in reasonably isolated surroundings and build a mud brick or wooden house. Perhaps there is a property owner who would like someone to care for a section of his land or who would be prepared to sell two or three acres. For the next four or five years the only time we could spend there would be during school holidays, but after that we would be happy to live there all the time. My husband would more than likely be able to spend more time during the year but I would not, as I am a student at the Adelaide University.

Hoping there is a reader who can help us in some way.

**Bill & Helen Eglinton,  
18 Wootton Street,  
ELIZABETH WEST 5113.**

## Dear Readers,

Does anyone know of any good books or pamphlets on ducks. I will be grateful for any help.

**Margaret Alexander,  
221 River Street,  
MACLEAN 2463.**

## Dear People,

I was thrilled to discover G.R. through friends, several months ago and thought I'd write, having finally found the courage. I'd love to hear from people interested in a simpler, more natural way of life, where people matter more than possessions, status or appearances.

I'm a 41 year old woman, consider myself to be reasonably intelligent, practical and down to earth. I'm now on my own after almost 24 years of marriage and having raised five children aged from 16 to 24. I'm interested in the alternative lifestyle. Job sharing and simpler living have long been my hobby horse but I'm not quite game at this stage to jump in 'boots and all'. I'd like to correspond with, or meet people interested or involved in this lifestyle, as a first step. I'm in a transitional stage of my life, and this time I need to explore my options and interests fully before making a commitment.

I have taken one step and right now it feels like a big one. I recently bought a caravan and moved to the Coffs Harbour area, leaving grown-up children, friends and interesting part-time work. On a practical level I guess it wasn't sensible, but I had a strong feeling about it and decided it was now or never. It's lovely here near the beach and I'm rather enjoying the 'community' feel of the caravan park. I'm presently looking to working in and becoming involved with the local community – Coffs Harbour that is. In recent years I've trained and worked as a counsellor and teacher of effective communication in relationships which has been extremely satisfying. In my time I've done many things – farm work as a teenager on my father's farm, travelling round the country with my construction worker husband, working in factories, co-owner builder (twice), determined do-it-yourselfer, love crafts, making things and the bush. I would love to hear from anyone interested enough to write – I will answer all letters.

**Robyn Bowen,  
C/- Crystal Waters Caravan Park,  
P.O. Box 267,  
COFFS HARBOUR 2450.**

# Feedback Link-Up Feedback

## Dear Beautiful Friends,

It seems many years now since I picked up No. 1 copy of Grass Roots. At that stage I was city bound but with much chasing up I managed to stay with you for a few issues. Then I lost myself – I lost you and my desire for the natural life took second place to the incidentals of suburbia. But one cannot submerge one's true self for long and I am starting out again in a new place with a new husband. Colin shares my desire for natural living and we have a small house on a large property. Of the 1500 acres only 35 are cleared and we will be clearing only enough to make a living. Colin does building work and I work two days a week doing book work in town.

We have pigs, all of which are named and although we started mainly in order to establish a cash flow so that we could survive, we'll be keeping them on as we've grown to love them. Pigs are very sociable animals. Apart from them we have 30 steers, 2 heifers and a bull, 30 assorted sheep, 2 dogs and a cat, 3 geese and some chooks.

We are interested in organic farming and at the moment we have soil samples being tested. We believe the unrestricted use of superphosphate to be one of the major causes in the die back of trees in New England as it locks up much needed chemicals.

I am also new to vegetable gardening and have a moon calendar on my wall for guidance. They are very helpful and can be obtained from Thomas, Mt. Dougal Road, West Burleigh 4219, at a cost of \$2 (less for bulk orders).

When I spotted issue No. 27 on a book stand I grabbed at it and on reading through felt as though I'd found my family again. I wanted to talk to so many who wrote but will answer only a few this time.

We have solar power lights and wish to have information on wind power plants — in particular size and type of blades, brake systems for high winds, methods of connecting fan to alternator to supplement our solar power in winter. Can anyone help us on that? Also can anyone help with a recipe for carrot cake?

To those who are interested in re-use of packaging, etc. I suggest the paperback *Household Ecology*, by Julia Percivall and Pixie Burger, published by Ure Smith Pty. Ltd., 176 South Creek Road, Dee Why West 2099.

To Yvonne Morgan – have you considered making soles from used tyres?

To Ines and John Huntley – if you contact the Department of Agriculture in Adelaide, they have a pamphlet on Goat Care and almost anything else you like to name except deer farming.

Can anyone direct me to a source of rosella and/or cape gooseberry seeds?

**Margaret Richardson,  
'Balrnsbrae',  
Purlewaugh,  
COONABARABRAN 2856.**

## Dear G.R. Folk,

We are looking for some land, somewhere quiet and isolated in Tasmania. There are three of us – Peter, Terry and myself (Dana). We originally come from Melbourne but have found that Tassy has what we want, to live a peaceful way of life, to come closer to nature. We would love to hear from any people who have some land or even if people would just like to rave.

**Dana Pikells,  
C/- Post Office,  
ST. MARYS 7215.**

## Dear Folk,

For years I thought I was the only person who dreamed of building a mud brick house or erecting a dome but now it's clear that many people from all over Australia have similar ideas and what is more, making them a reality.

I have great admiration for the people who do make the break from their traditional and mostly materialistic lifestyles and have a go at self-sufficiency. This is a step that frankly scares hell out of me, because I've

had to get the job that I have. My employment is very secure, promises promotion and brings in a fairly good salary. However, I'm aware that for a single parent, it would be very hard to make it alone, therefore my dream stays just that – a dream!

If any other lone mums who have made it would like to write I'd be very interested to hear from them. Also if there are any genuine fellows out there in their 30's or 40's who would like to drop me a line with the view to maybe striking up a friendship, that would be great.

**Christine Kays,  
C/- Post Office,  
EAST GRESFORD 2491.**

## Dear G.R. People,

Further to the letter from Lynne Rowe on the subject of self-sufficiency. In the last four years, since I moved onto the land, I have spent much time thinking about and discussing this subject. Self-sufficiency seems to me to be not so much a matter of producing what you want as of wanting only those things you can produce – a subtle difference. This of course, requires many compromises and breaking of habits. It cannot be achieved over night, if indeed for total self-sufficiency, in our lifetime! But we must also consider future generations. We should be re-discovering the Australian reputation for making do – the book *Handy Farm & Home Devices* reviewed in G.R. 29 is an excellent example. We should be endeavouring to curtail our addiction to luxury items such as fancy foods and clothing, detergents, out of season foods, flash cars, etc.

In the meantime there is the problem of cash. There are two main types – capital and running costs. When buying land, a common mistake is not to allow enough money for property improvements (roads, dams, irrigation, fencing, livestock, etc.). After the first year running costs can be quite low, but capital costs continue for quite some time. It is then that the inevitable question of cash crops arises. Making money from the land has been overtaken by so-called 'Agribusiness' – the 'get big or get out' way of thinking. That, and an increasingly consumer demand for blemish-free produce in preference to quality produce. The general decrease in fertility throughout Australia due to inappropriate farming techniques in the past has caused massive erosion and leaching problems and is propped up now by the fertiliser/chemical industry.

All this paints a gloomy picture of the small scale cash crop. If anyone has found one, good luck! But don't tell too many others or your market may be glutted! On the brighter side of self-sufficiency it is my opinion that for a cash income, one must turn to manual skills i.e. manufactured items using raw materials produced on the farm. This opens the field up considerably I think with such examples as bush furniture, soap, preserves, woven and knitted items.

**Andy Morton,  
Horseshoe Creek,  
via KYOGLE 2474.**



## Dear Grass Roots Readers

We have written to Grass Roots in the past seeking shares in land. We thank everyone who replied – it was a wonderful response – but we are sorry we couldn't reply to everyone. We settled on a proposition that turned out to be a fraud – a property too good to be true.

At present we are still a family of four, now seeking shares or the opportunity to lease say, 10-20 acres of arable land in any mountainous region of northern N.S.W. Isolation and permanent fresh water are a must. Our loves are children, gardens, breeding dairy goats and other domestic stock and the company of all earthy folk. If anyone can, or knows of others who may be able to help us in our search, we would love to hear from you.

**Wayne and Mandy,  
412 Old Northern Road,  
GLENHAVEN 2154.**

# Feedback Link-Up Feedback

## Dear Readers,

Yes Cathy Lewis, there is a cure for nematodes. The French marigold excretes a substance from its roots which kills soil nematodes. Plant them among rose beds, tomatoes, potatoes or beans. It also acts as a repellent to white fly in tomatoes and beetles in beans. Marigolds are a must for companion planting.

**Annie,  
NGUIU.**

## Dear Meg and David,

I wrote to you last year but thought my letter would not be published. I avidly read my Grass Roots as soon as I get it, but obviously not well enough. I just picked up issue 27 and saw my name, well my name misspelt, and a rider saying you had mislaid my address. I was printed!

And now to tell you how we got on – disaster, could not open restaurant, the locals did not like the competition (the Bay of Islands is a great tourist resort, but jealousy guarded against outsiders), so we lived (Ken, daughter Elaine 4 years and myself) at Ken's parents batch in a remote part of the Bay of Islands – had to row in by boat, no TV, radio, just sun, sea and seafood, scallops, schnapper, yummy! We survived on very little money but ate extremely well. Beans and inventing lovely dishes for practice for what is still our dream. But the dream has grown from a restaurant to a retreat, where people can rest and heal themselves or be healed with painting, spinning for recreation, pottery, lots of books and hopefully a beautiful garden.

I work for a medical company part time and was very smug when one high flown executive lady had period pains and the company products did not work and I recommended raspberry tea which did wonders for her.

I do worry about my little girl who seems very intelligent and I loathe sending her to school to be patterned into a 'clone' like all the other children. I believe in teaching children to enjoy and utilise time and energy as there may not be jobs for them. I wonder if other parents have come across children who are intelligent, not in reading and arithmetic, but who seem to be very in tune with goings on, able to sum up situations, excellent conversationalist, etc.

If anyone is passing through Auckland, our rambling house has plenty of room and we would love to meet other Grass Roots people. If you need a place to stay we are slap bang in the city, near restaurants, etc., vegetarian meals, we don't like smokers much but if they clean their own ashtrays, we're tolerant.

**Jackie Pope,  
62 Summer Street,  
Ponsonby,  
AUCKLAND N.Z.**

## Dear G.R. Readers,

I really enjoy reading your magazine. It's very interesting reading about all the people making the break from town back to the earth. I was born in the country but moved to the city when I was young. Some day I will return to the country. I am quite lucky though as I am in a flat with a great big section with lots of sheds. I have one for doing pottery and the others for my Ford that I am restoring. I hope to come to Australia at the end of this year. I would really like to meet the Grass Roots readers and country lovers or just hear from you. Please write me if you get a chance.

**Nigel Wale  
107 Vogel Street,  
PALMERSTON NORTH N.Z.**

## Dear Friends,

I read with such envy all the wonderful letters from those who are already living in harmony with nature away from the cities. I share your dreams and aspirations. Alas, I have no money, no agricultural/self-supporting skills, and no soul mate at present. To rush off into the country so ill-prepared would be self-defeating and perpetually frustrating. I want to be self-supporting and self-sufficient to the extent where I am not only, not a burden on anyone else, but where in fact, I may be able to constructively help and assist all my companion creatures, human, plant

and animal.

To this end I hope to perhaps study horticulture or permaculture next year in an institution, or in such a practical way that I can somehow eventually earn a living from it, and at the same time share my knowledge *without* having to own my own farm or commit myself to a share-farm or community before I am ready or able to do so. In the meantime I am still living in Melbourne, gathering knowledge and skills (painting, Tai Chi, diet, horticulture, etc.) and very importantly working on my emotional/personal development trying, among other things, to understand and reconcile my middle class Catholic background with the awakening of the *real* person inside me. So I'm staying here in the city until at least the end of this year, and my 'earthy Grass Roots self' will just have to wait until some future time to fully emerge and revel in unrestricted, unpolluted Air, Water and Soil.

However, whilst I am biding my time in Melbourne I would like to work with nature as much as possible. I have worked full-time for two and a half years with the City Council, as a gardener but I found their idea of horticulture a parody of nature's real beauty, power and grace. I am currently working part-time as a labourer with a landscaper, but once again I feel too removed from Mother Nature's true workings. I would love instead to work part-time on a farm or some other 'grass roots' style property and learn as much as possible about growing and building natural things i.e. carpentry, furniture making, tending crops and animals, building dams and fences, making clothes, preserving fruit – whatever. I am happy to travel up to one hour from Melbourne on my motor-bike, so the possible locations could include Bacchus Marsh, Mt. Macedon, Kinglake, Toolangi, Healesville, Dandenongs area, Warburton, Pakenham, etc. Ideally I'd love to work at the City Farm in Collingwood (any Collingwood councillors reading?). I want to work only two days a week (Wednesday and Thursday) and would settle for a wage around \$5 per hour – a little less than normal labourer's rates. I abhor the use of chemicals and too much interference with nature in general so I'm looking for organic/permaculture type people. I'm not after a country holiday two days a week, nor a purely instructional set-up. I want to work and I can work hard when the job is meaningful and stimulating.

If you can offer me a couple of day's work, or some suggestions, or even if you just want to write and share your own down-to-earth feelings, please write.

To me it seems the ideal way of life if you're caught in a compromise situation between city and country and if you make the sacrifice of travelling a couple of hours each day for your two days, you get all the benefits of fresh air, good health, meaningful work, mud on your boots, dirt up your nails, animals as friends, plants and trees to commune with, no traffic noise, the warmth of the sun on your back, the freshness of rain on your face and all the good smells of dirt, dung, flowers, dust and approaching storms!! What joy!!

**Caleb Wright,  
Flat 6,  
2 Garden Ave.,  
EAST MELBOURNE 3002.**

## Dear Grass Rooters,

I am seeking some dedicated real 'grass roots' type of persons, male or female, with the intention of buying some virgin bushland between us in the Blue Mountains of N.S.W. or somewhere else where the climate is coolish and healthy and the air is pure. Where we can build our own earth houses, grow our own food, help each other and yet respect each other's privacy. Must be responsible, practical, creative, self-reliant, true lovers of nature and the native bush. No synthetic religious freaks or junkies please.

**Joseph Borzel,  
37 Woodlands Road,  
ASHFIELD 2131.  
Phone 02-799-1216.**

# Feedback Link-Up Feedback

## Dear Friends,

I would be interested to hear from anyone who has reared children to adulthood in the alternative lifestyle, successfully, in terms of personal development and ability to be not only self-supporting, but to contribute to the society in which we live. Those letters that I've read and the people whom I've met, seem to be young and with small children, or older without the responsibility of children's needs. I feel that many people who speak of the negative things of our modern society still feel quite free to make use of benefits that the society provides e.g. electricity, machinery of various kinds, watches, etc.

Not being in our first flush of idealistic youth and with six children ranging from 16 down to 5, we find it hard to consider throwing away known values and security for the intangible but spiritually and holistically better things to be had from the alternate lifestyle. (Before all the zero population freaks have a fit, three of our children were chosen, with much joy). As we have become more spiritually aware, we have endeavoured to change our lives and live simply compared to the average suburban Australian family. Nevertheless we experience problems with some of the children as they compare with their peers at school, and being small, are unable to see the advantages they have, including mum being home every day, against those children who have vast pocket money and expensive material gifts. My husband's employment is such that most often we are required to live in the town or suburban environment, so we are limited to some extent in our ways of living alternatively. Since I have studied home herbal medicine and yoga, we experience few health problems, although where ears and eyes are concerned I still prefer to use antibiotics than take a risk, or see my little ones suffer unnecessary pain, as these particular organs are irreplaceable in terms of learning abilities and joyous experiences in life.

I have taken great care to slowly change the family's diet to the point where we are almost totally vegetarian. One immediate benefit was the elimination of a skin condition of eleven years standing, with one of the children. Our little Aussie 'give the man meat' guy has taken a much more positive attitude towards vegetarian meals since I have undertaken to cook a great many of the less rich Indian dishes, many of which are quite high in protein. In particular he seems to not miss the meat off his plate if eggplant, cauliflower or sweetcorn are dipped in a wholemeal/peafLOUR batter (peafLOUR or beanflour increase protein value), and fried in oil and ghee. I find it worth the effort to find ghee as it lends a delicious flavour to anything cooked in it, has a much higher burning point than oil and has the added advantage of keeping for months without refrigeration, were that necessary.

We had in our home garden, before we started moving every ten months with Geoff's job, a vast supply of over 100 different herbs and a thriving organic veggie garden. We had a rotation system which produced splendid veggies – sprout plants as high as the paling fence! This is how the system worked. We had 18 chooks which we deep littered with fresh wood shavings – 30¢ a bag from the local joinery. This helped keep bugs away to some extent and kept the chooks warm in the long wet Gippsland winter. It also meant that they went off the lay for only about six weeks in mid-winter. We fed the chooks pellets, some wheat and most of the trimmings from the vegetable garden, not forgetting that rhubarb leaves are deadly poison. They had ground to roam next to the garden as well as occasionally being let out for a wander.

Each week we cleaned out the litter, deposited it on the compost heap over the week's peelings, egg shells, etc. sometimes adding a little lime or blood and bone, old fabric. We place pruning debris from the fruit trees in the bottom to keep air coming in from beneath and every so often spiked it over with a garden stake to aerate the mass. In summer we moistened it if it appeared to be getting over dry. We had two big bins about 6ft by 6ft and used them alternately, the sides being old sheets of corrugated, angled around old straight timber. The compost we added to the garden beds, companion planted herbs and veggies and fed the organically grown trimmings to the chooks.

I am afraid the tropical heat of Darwin has caused my enthusiasm of

the great outdoors to wane a little, coupled with very poor soil where we live. Somehow there seems little point in all the work required to make a productive worthwhile garden as we move on again, we know not where, at the end of June.

**Jacki Springett,  
4 Walker Street,  
NIGHTCLIFF N.T. 5792.**

## Dear Fellow G.R. People,

I am a new reader of Grass Roots. Thank you for a very stimulating, inspiring and motivating magazine *especially* the Feedback pages. Of all the people I meet, very few seem to be the least bit interested in self-sufficiency which surprises me when I think the future of our society is so uncertain. Grass Roots is bringing the more aware people together. I managed to borrow some back copies of G.R. and now regularly make up the Yeastless Bread from No. 22. Thank you Phillip Nicholas – it's delicious.

Would anybody be able to suggest what I could give my very wakeful 17 month old daughter to help her sleep? She sleeps with us which helps a little. We have tried Chamomile tea which she won't drink even when mixed with orange juice. Also would anyone know how to dry apples? I have found recipes for drying other fruits like apricots and figs, but not apples.

I would love to hear from other Grass Roots readers in the Blue Mountains.

**Mary Spooone,  
3 The Boulevard,  
WARRIMOO 2775.**

## Dear Grass Roots Readers,

I am wondering if anyone can help? We are looking for a pug-mill to mix soil for our proposed mud brick home, but as yet have had no luck. I would like to hear from people who could help out as any information would be appreciated. Also we would like to hear from anyone who has made bricks from fairly sandy soil and has added cement. Was it necessary to press them or was it O.K. just to put them into moulds as for ordinary mudbricks? We expect to have to add about 8% cement.

Last query is to the lady who put in the 'Basic Soap Recipe'. About how long does it take to reach the creamed honey stage? I boiled mine for hours and it didn't seem to change much. The finished product was useable though.

**Amanda Young,  
C/- Box 19,  
KUNUNURRA 6743.**

## Dear Everybody,

This is just to let you know we're still around in Parkes. G.R. 29 was most informative. The section on felines slightly disappointed me as dogs are primarily killers who work in packs, not scavengers. Anyway two of my desexed females wandered off. We have only two neutered toms left. The section on geese was very helpful to us as we haven't had much success at all. I'm going to have a bash at making felt. All I have to do is catch a couple of our sheep and have them shorn which will be easier said than done.

I have at present, a ten month old doe Red Kangaroo and she has been raised on the following:

One heaped dessertspoon of Denkavit to 200ml of boiled water with 4 drops of Pentavite. She has four feeds a day and as much as she'll drink. For the diarrhoea I put in about 4 tbsps of Kaomagma to about 100 ml of boiled water and gave this in place of a meal.

**Betty and John Cowdery,  
Larntalney Kennel,  
P.O. Box 352,  
PARKES 2870.**





# Feedback Link-Up Feedback

## Dear Grass Roots and Readers,

I wonder if one of your many readers could help me with plans, diagrams and instructions for a wood fired pottery kiln – maybe from someone who has already built one of their own. Tips on firing would not go astray either. I've tried in book shops and the library for information on these kilns but I've had not luck so far. I would be most grateful if someone could send me this information or the name of a book and where it can be purchased.

**K. Roest,  
Lot 1 Burrundulla Road,  
MUDGE 2850.**

## Dear Grass Roots Folk,

My husband and I will very soon be moving to northern N.S.W. We have had very little experience in farming but we make up for that in enthusiasm. We plan to breed Angora goats both for the wool and milk. Where and how can we obtain information about buying Angora's?

We do not know at this stage where we will settle. We will be looking for land with a natural water supply. Electricity is no problem as we have a generator. Do you know if it is possible to lease government land that is of little use to anyone? We are not very financial and this seems to be the cheapest way. We have recently bought a small caravan which will be suitable until my husband builds a wooden house/shed. Do you have any advice on how we could build a toilet and a shower? The solar hot water system seems to be very popular but is it sufficient for all year round? Also what is the demand for goat cheese and how is it made?

**S. & D. Karras,  
U3/197 Anzac Highway,  
PLYMPTON 5038.**

## Dear People,

I'm a separated mum, vegetarian, non-smoker, quiet and friendly but not religious. My boy is 15 months and I am 22. My problem is really the hassles of the city lifestyle and although I have been attempting matriculation (eventually I hope to be an artist), my desire to return to country life becomes stronger all the time. I much prefer to be free of city grime and independent of government support.

If anyone out there (in S.A.) can use help with kids, animals, farmwork or anything earthy, I would love to hear from you! I'm not seeking an 'easy way out', only a clean healthy alternative lifestyle from what we have here. I am interested in work with simple accommodation, fresh vegies and a small wage would be fine, especially with the opportunity to learn new skills. All replies will be answered. Friendly G.R. people welcome to correspond.

**Kim Callaghan,  
F4/29 Wilpena Tce.,  
KILKENNY 5009.**

## Dear Readers,

The gypsy way of life has its ups and downs. I can enthuse about it for it has been my way for some 14 years. My friend and I are currently travelling around the South Island in a small wagon, buying and selling as we go and it is proving to be fun. I think to live on the road one has to be able to make a realistic living or generally fall by the wayside.

I would correspond with anyone who would want to know a little about the style of a road wanderer, types of vans and easy ways of construction.

**Kim Davy,  
C/- Post Office,  
Whangarei N.Z.**

## Dear G.R. Readers,

Some letters in G.R. 27 which seem to need an answer are as follows: Joyce Parkin on recycling. There's a monster business in Sydney on the sort of thing you mention. Also there is one in Melbourne in Coburg. It works from any factory to a central information collector and out again to answer queries about who has what, where, how much and what it will cost. It's a pity councils haven't read any of the available information on what to do with household garbage to make use of it as compost and

suchlike. That would save a lot of messy landfill and recycle the garbage many times.

Steve Harris, Clifton. Sprouting honey locust seeds. I have 90% success rate with these and most seeds, by keeping them quite damp and warm in a small container on paper towel until they send out a radicle, then I plant the seed, radicle down of course, in a hole dibbled in the top of a pot of soil, just deep enough to cover the seed case. Then treat as for seedlings. Also, it starts the seed faster if it is nicked where there is a hard case.

Dee Preston, Darwin. I think she means companion planting. See book by Philbrick and Greg and also there are, so far, two newsletters on sub-tropical permaculture which could be of interest. The address is Borderland Permaculture, Garden of Eden Road, Tomewin via Murwillumbah 2484. The information in these could be very useful in Darwin.

**A. Rossiter,  
59 Temple Street,  
BALLINA 2478.**

## Dear Fellow Readers,

In answer to Maureen Kozicka's question on how to treat the cashew nut, this information may be of some help. The shell contains an oil that is highly irritating to the skin and the nuts should be treated to render the oil less caustic before the kernels are extracted. Since the caustic oil is expelled from the shell during roasting, the smoke must not come in contact with the eyes or skin. This tree belongs to the same family as poison ivy and sumac, which may explain its dangers. Once heated, either boiled or roasted, they are harmless. This information is from the book *Edible Nuts of the World* Menninger.

**Andrea Forscutt,  
NGUIU Bathurst Island,  
N.T.**

## Dear People,

I am a young man 21 years of age and am currently looking for work on any type of farm, anywhere in Australia, to gain some experience and fulfillment – something I have found difficult within my present surroundings. I would greatly appreciate any correspondence from Grass Roots readers who may be able to help a lad with no experience but a genuine desire to learn. Money is no worry if accommodation and meals are available – looking forward to a link up. You have a great magazine – keep up the good work.

**Russell Thomas,  
51 Saunders Bay Road,  
CARINGBAR 2229.**

## Dear Grass Roots Readers,

Over the next few years I will be working on farms both here in Australia and overseas while seeking out a place that I can call my own. I would be pleased to hear from anyone who would care to write to me. Also does anyone have ideas on using the waste heat from engines (especially cars) for say heat storage or cooking, etc.

**John Hedley Toshach,  
C/- 25 Wright Street,  
HENLEY BEACH 5022.**

## Dear Fellow Readers,

Here is an effective little 'recipe' for cockroaches. It originally came from a very old man living in Papua New Guinea who prided himself on the fact there was not one cockroach in his house. Peel and boil one potato until soft, mash it and add 1 teaspoon of soda (baking powder). Roll into small balls and place in drawers, cupboards, etc. They last for about six months.

**Marianne Peterson,  
P.O. Box 486,  
Alyongula,  
GROOTE EYLANDT 5798.**



# Feedback Link-Up Feedback

## Dear Grass Roots,

We are very interested in becoming involved in a co-operative community not too far from Melbourne or Adelaide but are having trouble contacting any. We would be grateful to hear from any large or small community or anybody who might wish to begin one.

**Michael Singleton & Kathy Dubout,  
C/- 43 Fourth Street,  
BLACK ROCK 3193.**

## Dear Grass Roots Folk,

I am a mature 19 year old Christian girl who desperately seeks to work on a property in return for my keep. At the moment I am in such an environment which is totally contrary to where my heart is, and that's a healthy, basic, appreciative lifestyle. I will do any possible type of work I can and would like to experience living in a totally different part of Australia or New Zealand. As I have lived with a couple of families in the past I am thoughtful towards other's needs and personalities. My general aim is to meet new people, learn how to live with little, indulge in hard work and on the way love living. If you would like a friendly, honest and accepting person to help you out or just to be a companion, please, please contact me. Every letter promised a reply.

**Janelle Irwin,  
5 Tomewin Street,  
CURRUMBIN BEACH 4223.**

## Dear Readers,

Could anyone please tell me which plant the bath loafahs come from? I believe it is a vine with a cucumber like fruit/vegetable which is treated (how?) to make the loafahs?

**Lyn McLeod Sheridan,  
7/270 Johnston Street  
ANNANDALE 2038.**

## Dear Friends,

Is there anyone out there who can help me? We have just installed a pot belly stove in our living room in the house at Talbot. I am looking for a cast iron or enamel kettle or boiler to go on top to heat the water, the kind with a tap on the front. I have recently had operations on my shoulders and I can't lift any weights so ordinary kettles or boilers are out. I would gladly pay the cost of it and the freight and maybe I will be able to help someone else in the future.

**Beryl McIntosh,  
14 Kinfisher Drive,  
DOVETON 3177.**

## Dear Readers,

Could someone please tell me how to collect seeds for planting from herbs and vegetables as well as Australian native plants and trees. Any information would be greatly appreciated. I don't mind doing a lot of hard work for few results and I will most probably be forced to lead a subsistent life when my studies in painting finish at the end of the year.

**Robert Bleyerveen,  
43 O'Sullivan Street,  
HIGGINS 2615.**

## Dear Readers,

I am a fairly active person who has just discovered the joys of hiking. However, the food I take, although light in weight, is not very appetising. If anyone has any suggestions or hints on healthy lightweight appetising food, I would love to hear from them. Also if anyone has some good cures for blisters I would appreciate having them.

**Janet Granger,  
Modella Road,  
IONA 3815.**

## Dear Readers,

Does anyone know where I can get a hand-operated peanut sheller?

**Maureen Kozicka,  
Harvest Home,  
R.M.B. 3,  
MOLLOY 4880.**

## Dear G.R. and Readers,

For Cathi Lewis and her nematodes – garlic and marigold planted throughout your garden keeps the beasties at bay, as will companion planting with chillies, capsicums and wormwood. Wormwood leaves used heavily as a mulch around plants will help but they have to be replenished frequently.

Citronella – available from pharmacies – lightly applied to the skin will deter most biting insects, even vicious March flies.

English sheep dog fur can be spun quite easily but must be well carded first. Mix brushing and clippings or whatever so you have a mixture of under fur and stronger top fur and card together till even, roll into a rolag and spin softly. Can be plyed but not too lightly as it becomes course.

**Jacki,  
P.O. Box 702,  
TOM PRICE 6751.**

## Dear Grass Roots,

We have bought 100 acres recently in the Bega area. We would like to contact Grass Roots people there. We respect others' beliefs and lifestyles although we are not into yoga, meditation, etc., nor are we vegetarians. We are interested in a natural, organic approach to farming and we are particularly interested in self-sufficiency.

**Agnes and Malcolm McCallum,  
18 Belair Avenue,  
CARINGBAR 2229.**

## Dear Readers,

We are wondering if anyone can sell us copies of G.R. Nos. 6, 7, and 8 please?

**Jessie and John Jones,  
Box 378,  
MANJIMUP 6258.**

## Dear Friends,

We have been on our land now almost a year and it has been wonderful even though the going has not always been smooth. At present we are extending the 16ft by 16ft cabin in which we live and now have a kitchen/bathroom and living/dining room with open fire, all built from secondhand and recycled materials. (We are great tip ratters!) Later we are going to build our house of stone and mudbrick, but the cabin will keep us warm and comfortable until then. We have a mudbrick goat shed nearly finished. Almost too good for them I think.

We are experimenting with all sorts of crops and even put in some wheat and harvested it last week with a proper scythe. We would be most interested in articles in G.R. on small crops of wheat, rye, oats, etc. (not more than one acre). We have even put in a patch of lucerne for the goats.

**Eve and Geoff,  
ENSAY 3895.**

## Dear Grass Roots Readers,

We are at present planning a cycle adventure and are looking for companions to join us. We are leaving Brisbane in November '82, heading for Melbourne via Broken Hill and the Flinders Ranges. We expect the trip to last three to four months and will include bush-walking and sight-seeing. If this sounds exciting then please write.

**Pauline and Evie,  
9/11 High Street,  
LUTWYCHE 4030.**

## Dear Folks,

I am organising a Flea Market to be held in Coonabarabran, N.S.W., during October. If any of our Grass Roots friends are interested, how about dropping me a line? Also looking for buskers to take part in entertainment on Saturday and/or Sunday. Please write soon so I can finalise details.

**Margaret Richardson,  
'Bairnsbrae',  
Purlewaugh,  
COONABARABRAN 2856.**

# Feedback Link-Up Feedback

## Dear G.R. Readers,

I am not a sentimentalist nor a cynic; the longer I live, the more convinced I become that this earth and life upon it has been most wonderfully contrived. Whatever or whoever the creator, it knew exactly what it was about. How awful it would be if we humans were just puppets in a clock-work world. Part of the marvel of life on earth is the active participation we have in its management. Everything – yes, *everything* – is composed of two parts. Whether you call it good/bad, right/wrong, positive/negative, ying/yang – whatever. It is there and is essential.

If man was not a meat eater millions of animals would never have known even a few short months or years of spring sunshine, summer rain, lush pastures and their mother's love. Rather than campaign for total vegetarianism, I would rage, rage, against inhumane practices in the treatment of all animals while alive. In other words, it is suffering which should be eliminated, not life.

**Pat Trevor,  
Applegum,  
UpperVerona,  
via QUAAMA 2550.**

## Dear Grass Roots,

Are there any self-supporting communities or co-ops. operating in Victoria where one can go and learn and live in this lifestyle?

**Chris Garth,  
18 Mangan Street,  
TONGALA 3621.**

## Dear Readers,

In reference to B. Kenkins inquiries in G.R. 29 re duck eggs not whipping properly. If a pinch of salt is put in with the egg whites in a clean dry basin they should whip without any problems. I've always been told not to use duck egg whites in cooking unless they are to be cooked properly as in cakes. Mousses, etc. where the white is added and not cooked properly were considered not good to eat.

**M. Law,  
'New Gular',  
GULARGAMBONE 2828.**

## Dear Grass Roots Readers,

Next year I have the opportunity of working overseas for two years but I am faced with the problem of finding a person or persons who would be able to look after my house and animals whilst I am away. The house is set in about 300 acres of bush, is very comfortable and has most of the basic conveniences. The animals consist of two goats, two donkeys, two chooks and one emu, none of which need a great deal of looking after. There is a vegetable garden.

There are two possibilities related to caretaking:

- Just a straight two year rent-free occupation in return for its maintenance, or
- the possibility of interested caretakers building on part of the land if the opportunity appealed to them.

For obvious reasons I am anxious that interested people contact me as soon as possible so that details could be discussed and a working relationship could be established. It is a beautiful and isolated part of the state and would suit anybody seriously wanting an alternative approach to living.

**Robert Logie,  
C/- Post Office,  
ENSAY 3895.  
Ph. 051-573-281.**

## Dear Folk,

Having just secured my favourite magazine (Grass Roots of course!) I felt compelled to comment on Ann Walker's article on cats G.R. 29. I was quite shocked to find such an article in your magazine. This introduced pest has wreaked havoc on Australian ecology for decades and these are not just feral cats gone wild but your common garden variety house cat. The cat may make a loving pet at home but outdoors it kills all of our beautiful small animals and birds.

This article mentions 'good hunting for cats'. Does Ann Walker realize what that means! It means bandicoots, numbats, rat-kangaroos, lyrebirds, magpies, lizards and numerous other species of our native wildlife are mercilessly hunted by this unrelenting predator. The number of lyrebirds in the Sherbrooke Forest alone was reduced by one-third in just one year of savage attacks by cats. This is just one example. Cats don't hunt just to eat, they thrive on the sport of killing and often toy with their hapless victims before their death. Our native creatures have no natural protective instincts against these cats, they have never had such an effective killing machine in their midst. It would take thousands of years of evolution to develop such instincts and unfortunately very few, if any, native species would survive. Many leading naturalists, not the least being Harry Butler, stand in the ranks of those who detest the presence of cats in our bush environment. National park rangers know the cat problem very well.

Many times I have found birds such as blue wrens and honeyeaters on my lawns having fallen victim to roving neighbour's cats as I would never dream of keeping one of my own. They seldom stick to mice, rats and sparrows as some naive cat owners may choose to believe. To finish I would like to say 'the cat is the scourge of the Australian bush'. I hope you will publish my letter as we bush lovers have been silent long enough.

**Mrs. L. Ratcliffe,  
C/- Post Office,  
CABOOLTURE 4510.**

## Dear Grass Roots and Friends,

I hope some readers can help me with some information on how to make a charcoal burner to run my Honda 5 KVA generator for I'm sick and tired of buying petrol. They were used in the 1940's to run cars and trucks. My timber supply is unlimited so if anyone has any information I would greatly appreciate it.

**Wayne Macare,  
C/- Post Office,  
TULLY 4854.**

## Dear Meg and David,

Like so many of your readers it seems, I too, 'stumbled' across G.R. recently in the local newsagent. It has been heart-warming to read the stories of those who've attempted a more natural lifestyle; have felt the thrill of those who have 'made it', the heartache of those who are struggling and the hope of those still yearning and working toward it. Although I am not 'on the land', as a solo mum-of-5, some of the articles have been, and are, most useful to me as well – thanks.

I enjoy 'home-making', gardening, making things and have heaps of energy to take five lively youngsters aged 5-14 years, 'bush, – to walk, to run, to play, to 'be', where it is easy and natural. I would love to make a home with them away from the city and have wondered about some of your readers who have asked for someone to join them. How about an energetic 38 year old plus five??

I am presently living in the Blue Mountains – a beautiful alternative to an alternative lifestyle – any G.R. folk close at hand? It would be great to share with like-minded people from time to time. I'm quite mobile – our little car has taken us and our bedding over many hundreds of miles and varied terrain during the past two years.

There are days when I strain at the bit and want tomorrow to happen yesterday and then I'm reminded that

'What lies behind us

And what lies before us

Are tiny matters

Compared to what lies within us . . . .'

and I know I have all that I need to enjoy today to the full.

Go well, all Down to Earthers.

**Yo Burnham,  
110 Valley Road,  
HAZELBROOK 2779.  
047-586-171.**

# Feedback Link-Up Feedback

**Dear All,**

At present we are only renting a small house in a country town by the sea. We hope this will be our last move before getting some land of our own but in the meantime we enjoy the fresh air and sea water.

I have always loved gardening and grown my own vegies and herbs. I find that the sea grass is one of the best mulches to us. Fortunate me, I am only a few yards from the water. At present I am trying to get established tea and coffee refreshments on Churchill Island. I like to cook wholemeal biscuits or scones and find they are liked very much. I am also selling homemade preserves but as it is getting towards the end of the season, I am short on production. I wonder if somebody within the area has homemade preserves they would like to get rid of – I would be pleased to arrange something with them, but only homemade without additives please.

I have started my little collection of animals, although they are on my mother's place. The next on the list is some sheep. I wonder if somebody around here has a few for sale?

I sew for myself and husband and two children and enjoy making gifts for the family. I knit and spin and like any sort of craft, even woodwork and making our own furniture. So there is always plenty to do for those who are bored. The trouble with myself is I have too many things to do and not enough time to do them.

**Juneen Schulz,  
P.O. Box 258,  
COWES 3922.**

**Dear Fellow Readers,**

I wonder if anyone could write an article about sharpening tools – saws blades, etc. – a nice simple one, easy to follow and an article about grain mills from personal experience. Yes, I read the adverts but it still does not tell me which kind is most suited to my needs. I would also like to know more of electric fencing for goats please someone.

**M. Parrish,  
C/- Post Office,  
MORUYA 2537.**

**Dear People,**

A friend recently gave us five salted sheep skins. We used a frame to stretch the skins to stop the fleece from flattening and tanned them using kero and bi-carb. We found with the salted skins less work was needed in scraping fat off and only two applications of the kero, bi-carb mix was needed. Hope this will be a time saver for someone.

**Sally Thorne,  
R.M.B. 255a Osmington,  
via MARGARET RIVER 6285.**

**Hi There, Meg & David & G.R. Readers,**

We came to Tara, Qld., about 4½ months ago – Janet 27, Neil 5 and Justin (yours truly) 38. The land is absolute virgin, no chemicals, no ploughs, no water. We discovered the hard way that the soda water from the bore is no good for the garden, so we use it only for washing and bathing, and it can, without ill effect, be used for the beasties.

The reason for writing to you is to find out if there are other people who have a similar situation to us, and establish contact with them with a view to trading notes, ideas and inventions, etc. We live in our 14ft by 16ft tent and have built a kitchen on it as an annexe to serve until our house is built. We are making headway as the foundations are dug and some of the logs have been pulled up to the house site. We've built all the necessary chicken sheds, the goat pen and tool shed/workshop, the loo of course, and for all that the timber cost us not a cent. (They give away the fitches at the timber mills!)

There are a few of us here and while we are all separate land owners, we are working on a highly efficient co-operative system. We would welcome more people – land is cheap here and there is still some available. The Co-operative has a 4WD land rover, a 3 h.p. stationery engine, numerous other paraphernalia and we have many and various

skills between us. We look forward to hearing from all who care to write and we will answer all letters. If anybody has any ideas about how to 'cold press' oils from seeds, etc. we'd love to know about it. Also do any G.R. readers know anything about clarifying muddy dams? The process for constructing a methane gas generator wouldn't go astray either as we have a hole in the ground full of effluent and a kero fridge which I feel could be converted to a gas operated fridge and I've an idea I could have enough gas for the job with the right method.

**Justin, Janet & Neil,  
'Lothlorien',  
Post Office,  
TARA 4421.**

**Dear Grass Roots,**

I am researching a proposed documentary film script dealing with 'survivalists' in Australia. I use the term 'survivalists' in reference to people who have left conventional lifestyles in the city to embrace the 'alternative' route of country living because they fear an imminent change in modern civilization either through economic collapse or the threat of nuclear holocaust.

In the U.S., 'survivalism' as a movement, seems to be gaining in popularity with people retreating to secluded farmlands, hoarding food, weapons and ammunition in preparation for the sudden demise of western civilization. I am interested to see if this type of philosophy has penetrated Australian Alternative society and I would be interested in interviewing or hearing from people living in rural survival communities. This also includes people investing in 'survival shelters'.

I have gained a small amount of financial support from the Australian Film Commission for my research but I am unable to offer payment for interviews or information. Please write to me or phone if you can offer any assistance.

**M. Mitchell,  
108 Flood Street,  
LEICHHARDT 2040.  
02-569-3088.**

**Dear G.R. People,**

I am sorry that Jeanette Jack G.R. 29 feels so negative about Feedback letters. We can learn so much from other people's experiences. With hard work and luck Jeanette will probably be able to contribute some of her experiences one day.

I am delighted to be able to say I've had great success with my bread making efforts. What a thrill to see the dough was actually rising – couldn't believe my good luck. Now I want to try the yeastless method. Other things I want to try are yoghurt and soap making.

There have been several suggestions of how to get rid of warts. May I add to the list by suggesting banana skins? Just peel and rub the fleshy side onto the wart several times a day. One of our children had the nasty 'cauliflower' type warts and after a few days of this regular treatment they were banished forever – keep persevering.

Another hint, I always sprinkle Epsom salts (crystals) into my unspun fleeces of wool to keep the moths away. It's a clean method with no smell attached.

Here is a recipe to get rid of ants:

2 cups sugar  
1 cup water  
2 tablespoons boracic acid  
2 tablespoons borax

Boil for three minutes in an old fruit tin.

We are in our fifties and planning to move to a warmer climate onto some acres when we can. If anyone in this age group who has 'made the break' and would be interested in writing to us, we would love to hear from them and would answer all letters.

**Joan and Lin Slorach,  
51 Wollaston Road,  
WARRNAMBOOL 3280.**



Meg Miller

After the excitement of putting together the last issue of Grass Roots, these two weeks of production have been very quiet — no electrical blackouts, no injury or sickness, no dramatic events. Being school holidays, however, we have had an extra pair of little feet around and some days the intercom system between the house and office has run hot with requests for drinks, food and lost property. With David away for a week attending a course in Melbourne, Sunshine has had to amuse herself and has done a marvellous job choosing to walk the dog, play with the poultry pets, read, draw and paint. Completing the final stages of the paste-up, together with supervising Sunshine, has been a challenge for us all. It is only by co-operative teamwork that we have managed.

There are two 'teams' in the office, each with their own separate space — the Layabout Layout folk typeset and help me produce the magazine and David's Night Owls deal with and process the orders, subscriptions and other general business. Last week we were all so busy we could not remember who was an *Owl* or a *Layabout* and so, in the midst of chaos, we dropped tools and sat down to scones and honey and a good chat. Working closely together we share each other's ups and downs and look forward to these excuses for a sit down and friendly exchange.

With eight of us working here, birthdays provide the ideal excuse for afternoon tea with the birthday person providing the cake. Jan, one of my helpers, has just turned twenty-one so we had a special celebration with champers, speeches and carrot cake. It was such a success we are all looking forward to her next twenty-first!

In the last Gumnut Gossip I grizzled and groaned about my workload and some of the mail we had been receiving. I now blush with embarrassment. There have been so many encouraging, cheering letters I promise never to grizzle again — until the next time anyway. Thank you for all your support and encouragement. There are not many publications around these days where this

degree of care is shared and expressed.

We have only a couple of requests this issue. There are letters here for Diane Piera (originally from Port Augusta) and for 'Roscoe' from O'Connor in A.C.T. A parcel sent out to E.M. Taylor from the Glass House Mountains has been returned to us. Could E.M. forward to us their latest address. Jan, who deals with much of our correspondence, has a request to ask of readers. There are several letters in this issue thanking folk for their response to a particular request. In view of the amount of Feedback we receive, Jan felt this may quickly get out of hand and keep urgent letters out. Perhaps a single letter photocopied and sent out to those kind enough to answer, plus a few personal snippets would solve this problem.

Recently we received a phone call from a reader who is a keen golfer. He had a tale to relate about foxes which he felt was 'real Grass Roots stuff'. Upon hearing his chooks cackling one lunchtime, he looked out and noticed a dog in their yard. Knowing a neighbour had a similar dog, he grabbed a club and went up to give it whoppo. On entering the yard he realized it was a fox not a dog, and that it had one of his best layers in its mouth. He lunged at it with his wood (or was it an iron?) and the fox dropped the limp chook on one foot, and collapsed dead on the other. He suggested we get ourselves a set of golf clubs and start practising!

This morning when I sat out in the sun to write this column, I was secretly congratulating myself on how smoothly things had run. But, unknown to me, David had not washed up the dishes, and in our place *that is fatal*. Whenever we have a kitchen littered with dishes, in walks a troop of visitors. If we are busy with a deadline to meet, the dishes are our first priority. Well, from then on, the day went haywire. We entertained several loads of visitors who seemed to come and go on a rotating shift system. As one car left another would arrive. Finally exhausted, the kitchen in further disarray, we arracked the dishes with enthusiastic fervour.



# CLAYS

## **EARTHENWARE OVENPROOF**

Is a buff coloured clay and should be fired to a high temperature (1200°C) to become ovenproof, but will make a satisfactory piece of ware even if fired to only 1100°C.

## **STONEWARE**

A white coloured clay, can be fired to as high as 1350°C without trouble and will withstand any treatment that stoneware is usually subjected to.

## **FINE STONEWARE**

Much the same as stoneware but is smoother to work and will mature at a slightly lower temperature, but will still withstand the higher temperature if required.

## **WHITE EARTHENWARE**

This is a grey-white burning clay which matures at a lower temperature than the other clays 1150°C-1250°C.

## **RAKU**

This clay is suitable for hand-building and will fire to stoneware temperature without trouble. When used for Raku it is usually filled with additional grog according to the individual requirements.

Bendigo Pottery packaged clay is also available from all leading art and craft suppliers in Melbourne, Canberra, Sydney, Perth and in Adelaide.

## **BENDIGO POTTERY [EPSOM] PTY. LTD.**

MIDLAND HIGHWAY, EPSOM, 3551, AUSTRALIA. P.O. BOX 666.

PHONE (054) 48 4404 . TELEX: AA 37251



